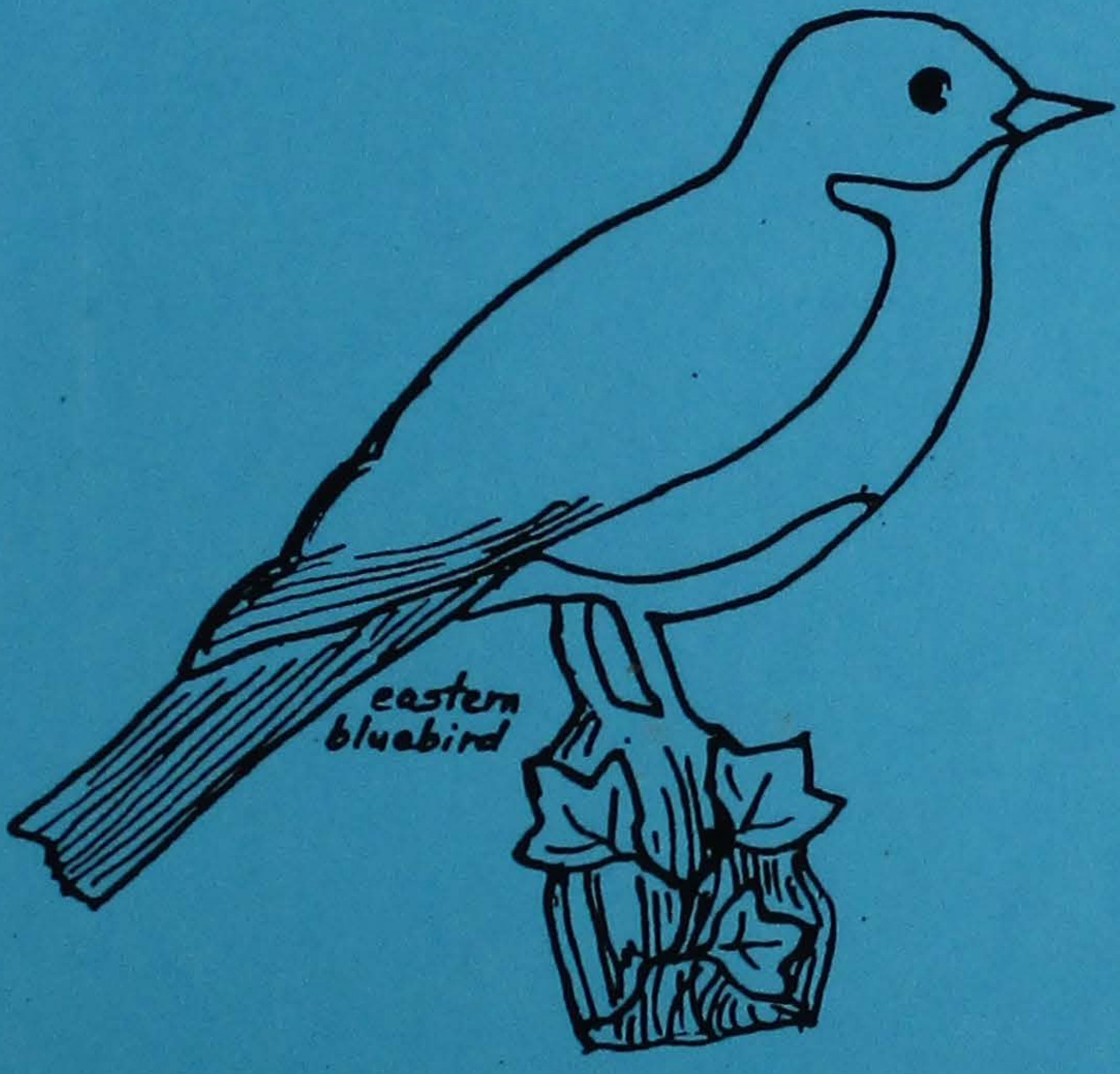
A Suncatcher Sampler



A Suncatcher Sampler

Happy Birthday 2002
Paulette
Love to share a
Birthday with you - July 29th
Barbara

The Suncatcher Workshop
United Church of Christ-Congregational
Ames, Iowa 1983

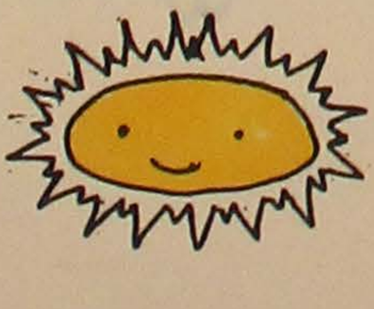
A Suncatcher Workshop

Suncatcher is handcrafted by a group of volunteers who obviously have fun—or we wouldn't still be in business after 17 years.

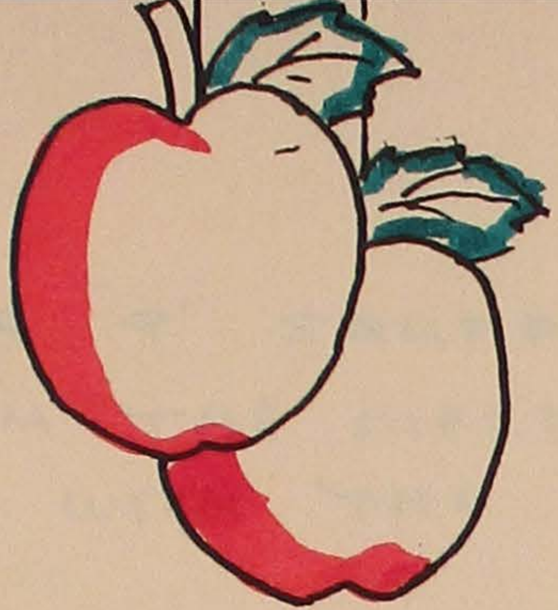
Our designs come from many sources: children's books, gift wrap, paper napkins, tee shirts, greeting cards, Peterson's Bird Book, etc.

Copper strips are shaped over paper patterns with special tools, and the forms are filled with melting plastic crystals and baked in the large church ovens anywhere from twice to 4 or 5 times. From the 39 made on Sue Collins' kitchen table in 1966, we have grown in production to 400-500 a year. And— as we work, we also snack. This book represents the double use of ovens. We hope you will enjoy it.

We have selected a few of our favorite patterns to illustrate the recipes herein. The finished products of these and all our patterns are available each year at our annual church bazaar, and in between by special order.



This collection of confections represents the tastiest of the treats we have served each other over our work tables. Enjoy!



SPICY APPLE CRESCENTS

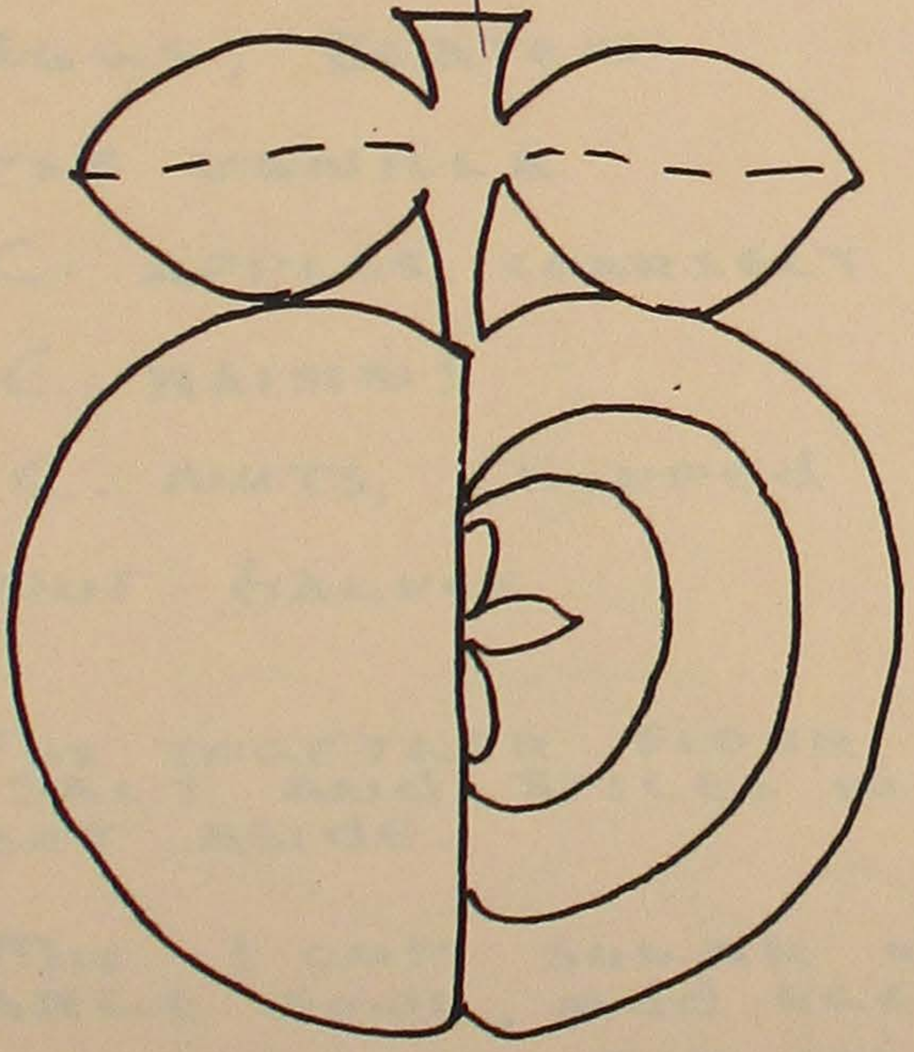
½ C. SUGAR
1 tsp. CINNAMON
¼ C. MELTED MARGARINE
⅓ C. WATER
2 LARGE APPLES, PARED AND CORED
1 CAN CRESCENT ROLLS, OR BISQUICK (1 C. BISQUICK + ¼ C. WATER)

MIX SUGAR AND CINNAMON. SET ASIDE. CUT EACH APPLE INTO 8 WEDGES. SEPARATE DOUGH INTO 8 TRIANGLES; THEN CUT EACH TRIANGLE IN HALF LENGTHWISE. (ROLL BISQUICK DOUGH; CUT INTO STRIPS 1¼" WIDE AND 7" LONG, TAPERED.)

WRAP EACH ⅛th APPLE IN A NARROW WEDGE OF DOUGH.

ARRANGE IN A 9" SQUARE PAN. DRIZZLE WITH THE MELTED BUTTER. SPRINKLE WITH THE SUGAR-CINNAMON.

ADD WATER. BAKE 30 TO 35 MIN. AT 400°. SERVE WARM.



Apple Spice Bread

1 1/3 C. FLOUR

3/4 tsp. BAKING SODA

1/2 tsp. SALT

1 tsp. GROUND CINNAMON

1/4 tsp. POWDERED CLOVES

1 C. PLUS 1 tsp. SUGAR

1/2 C. OIL

2 EGGS, BEATEN

1 tsp. VANILLA

2 C. APPLES, COARSELY CHOPPED

1/2 C. RAISINS

1/2 C. NUTS, CHOPPED

6 NUT HALVES

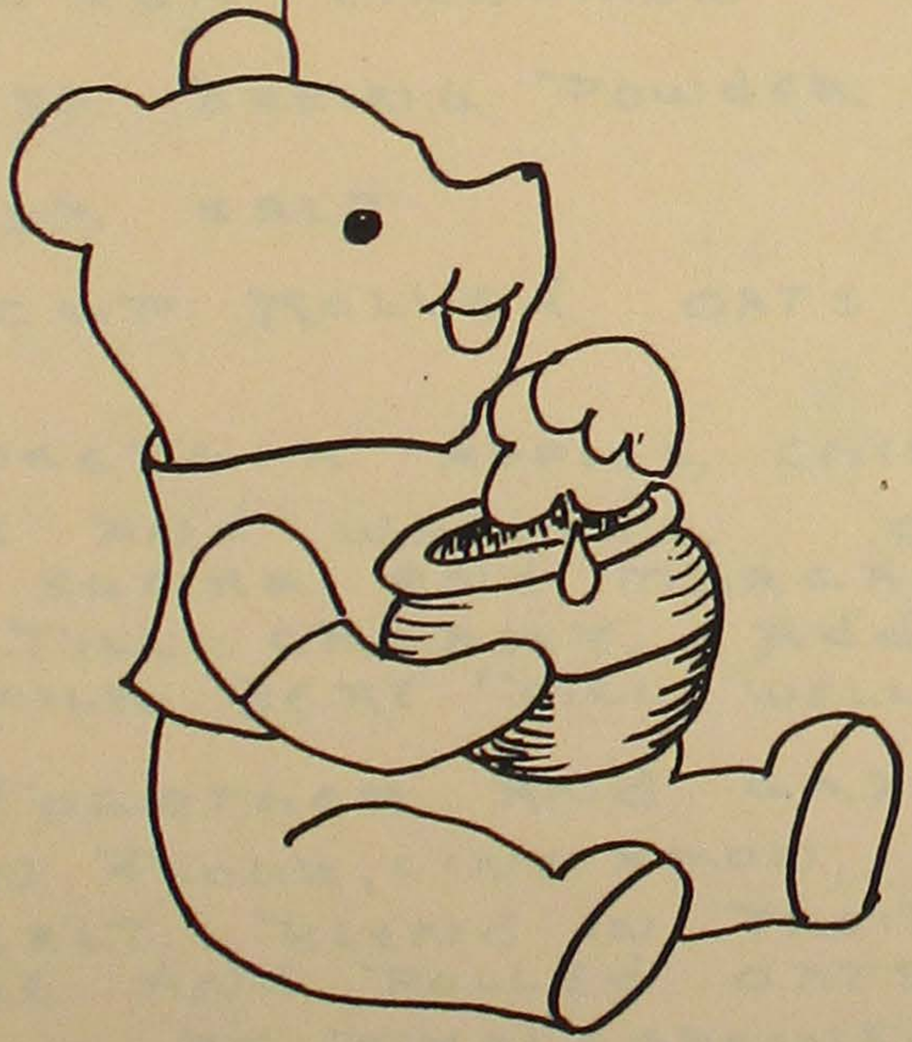
MIX TOGETHER FLOUR, BAKING SODA, SALT AND SPICES IN BOWL AND SET ASIDE.

MIX 1 CUP SUGAR WITH OIL IN LARGE BOWL, ADD EGGS AND VANILLA, THEN STIR IN APPLES, RAISINS AND NUTS.

Add flour mixture and stir.

Pour batter into greased bread pan. Bake at 325° for 50-60 min. (After bread has baked for 20 minutes, sprinkle top with 1 tsp. sugar and place 6 nut halves on center of bread. Finish baking.)

1 loaf
9 x 5 x 3



BUTTERSCOTCH APPLE-RAISIN COOKIES

1 1/2 C. APPLES, PARED AND CHOPPED

1- 6 OZ. PKG. BUTTERSCOTCH CHIPS

1 C. RAISINS

1/2 C. CHOPPED WALNUTS

1 1/4 C. BROWN SUGAR

1/2 C. MARGARINE

2 EGGS

1/4 C. MILK

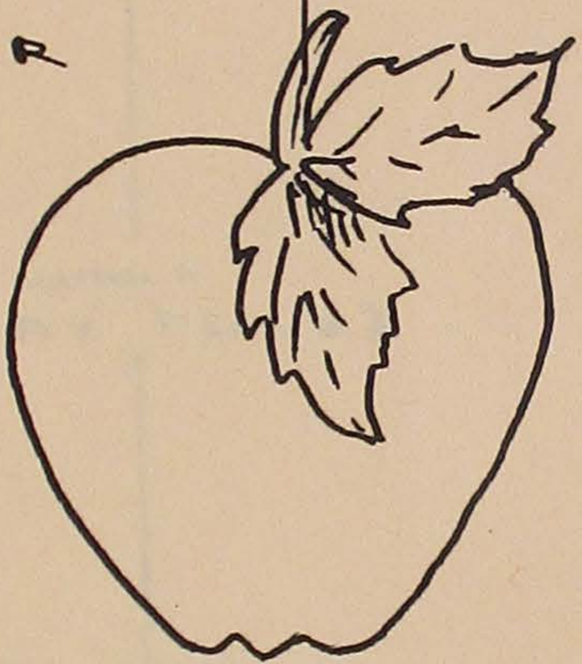
1 1/4 C. FLOUR

1 1/2 TSP. CINNAMON

1 TSP. BAKING POWDER

1 TSP. SALT

1 CUP ROLLED OATS



MIX TOGETHER APPLES, CHIPS, RAISINS AND WALNUTS. COMBINE BROWN SUGAR AND MARGARINE— BEAT TILL CREAMY. ADD EGGS AND MILK, BEAT 'TILL WELL BLENDED.

SIFT TOGETHER AND GRADUALLY STIR IN FLOUR, CINNAMON, BAKING POW. AND SALT. BLEND IN FRUIT-NUT MIXTURE AND ROLLED OATS.

DROP BY TABLESPOONFULS ONTO BAKING SHEET. 400° 8-10 MIN.

Cranapple-Walnut Cake

—very moist—

1 3/4 C. light brown sugar
or
1 C. honey plus 2 T. orange juice concentrate

1/2 C. vegetable oil

2 C. flour (you can use 1/2 whole wheat pastry flour).

1 tsp. baking soda

1 tsp. cinnamon

1/2 tsp. nutmeg

1 tsp. salt

2 eggs

1 tsp. vanilla

2 C. sliced cooking apples

1/2 C. walnut pieces

1/2 lb. fresh, whole, raw, cranberries

cont.

CRANAPPLE-WALNUT CAKE

METHOD:

(IF HONEY IS USED, WHIP IT FIRST AT HIGH SPEED FOR ABOUT 10 MINUTES, OR UNTIL IT TURNS WHITE AND OPAQUE.)

CREAM TOGETHER OIL AND SUGAR (OR, WHIPPED HONEY PLUS ORANGE JUICE CONCENTRATE.)

ADD EGGS AND VANILLA, AND BEAT WELL.

SIFT TOGETHER THE FLOUR AND DRY INGREDIENTS. ADD TO THE FIRST MIXTURE AND STIR UNTIL THOROUGHLY COMBINED.

STIR IN APPLES, CRANBERRIES, AND NUTS.

BAKE IN A WELL-GREASED 9X13" PAN, 45-50 MINUTES AT 350°

Oats in a Jam Square

1½ C. sifted flour
1 tsp. baking powder
1 C. packed brown sugar
1½ C. rolled oats
1½ sticks (¾ C.) butter or margarine
1 C. jam

Mix together the first 5 ingredients, cutting butter in until crumbly.

Pat half into 9x13 pan.

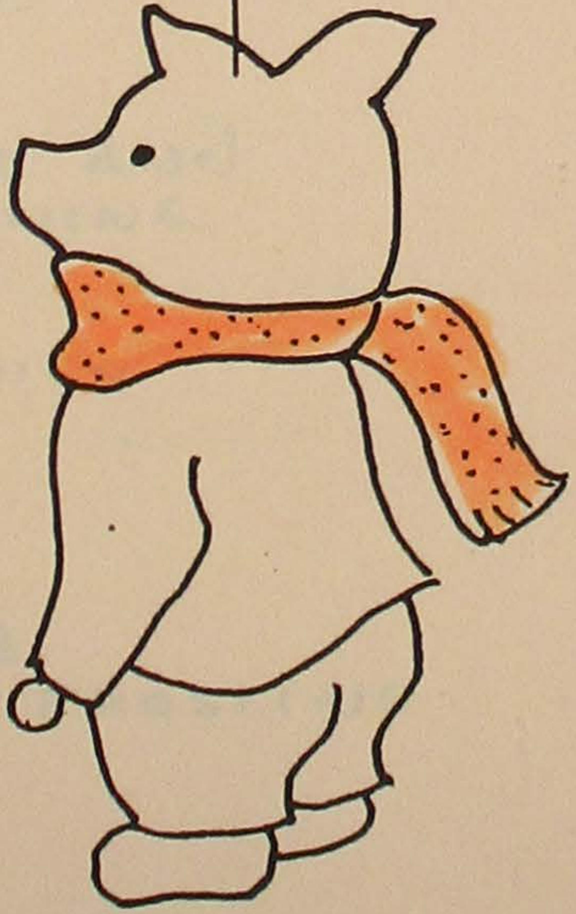
Spread with 1 C. tart jam, then remaining flour, brown sugar, etc. mixture.

Bake at 350° for 35 minutes.

Cool.

Cut into squares - small for cookies (48 to a pan), or 15 to 20 (large) for dessert.

Delicious served à la mode.



Cry Baby Cookies

1 C. sugar
1 C. shortening
1 egg
1 tsp. ginger
1/2 tsp. salt
2 tsp. soda
1/2 C. molasses
1 C. cooked raisins (cover with 1C. water and cook until approximately 3T. water remain).
3 3/4 C. flour

Cream shortening and sugar. Combine remaining ingredients.

Drop by spoonful onto greased cookie sheet.

Bake 350°. 8-10 min.

Frost, if desired, with sugar-butter frosting while hot.

ORANGE COOKIES

1½ C. SUGAR

1 C. SHORTENING

2 EGGS

1 C. SOUR MILK

1 T. GRATED ORANGE RIND

1 tsp. SODA

2 tsp. BAKING POWDER

¼ C. ORANGE JUICE

¼ tsp. SALT

3½ C. FLOUR

CREAM SHORTENING AND SUGAR. ADD EGGS, ORANGE JUICE, ORANGE RIND, AND SOUR MILK.

ADD SIFTED DRY INGREDIENTS.

DROP FROM TEASPOON ONTO COOKIE SHEET AND BAKE AT 350° FOR 12 MINUTES.

FROSTING

2 C. SIFTED POW. SUGAR
2 T. BUTTER
3 T. ORANGE JUICE
1 tsp. ORANGE RIND

COMBINE IN BOWL; STIR UNTIL WELL BLENDED. SPREAD ON COOKIES.

MACAROONS

BEAT UNTIL STIFF:

3 EGG WHITES

CONTINUE TO BEAT WHILE ADDING SLOWLY:

1 C. SUGAR

MIX TOGETHER:

2 T. CORNSTARCH
2 C. SHREDDED COCONUT

FOLD INTO EGG WHITE MIXTURE AND COOK IN TOP OF DOUBLE BOILER OVER SIMMERING WATER, STIRRING CONSTANTLY, 15 MIN.

REMOVE FROM HEAT AND ADD:

1 tsp. VANILLA
1 tsp. ALMOND EXTRACT

DROP BY TABLESPOON ON GREASED COOKIE SHEET, 1 1/2 INCHES APART.

BAKE AT 300° FOR ABOUT 25 MIN.

MAKES 18 COOKIES

Zucchini Bread
or
Muffins

1½ C. brown sugar
3 eggs
2 C. shredded zucchini
¾ C. cooking oil
1 tsp. vanilla
1½ C. whole wheat flour
1 C. white flour
1 tsp. salt
1 tsp. baking powder
1 tsp. soda
1½ tsp. cinnamon
½ tsp. cloves/ginger

Combine all ingredients and pour into 2 small, lightly greased, loaf pans <u>and</u> 24 muffin tins.

Bake at 325-350° for 1 hour (slightly less for muffins).

Freezes very well.

Everlasting Muffins

2 C. Quaker 100% Natural Cereal, with Raisins + Dates

1 C. Boiling water. Pour water over cereal + let stand 15 min.

Meanwhile, sift together:

2½ C. Flour

2½ tsp. soda

2 tsp. salt

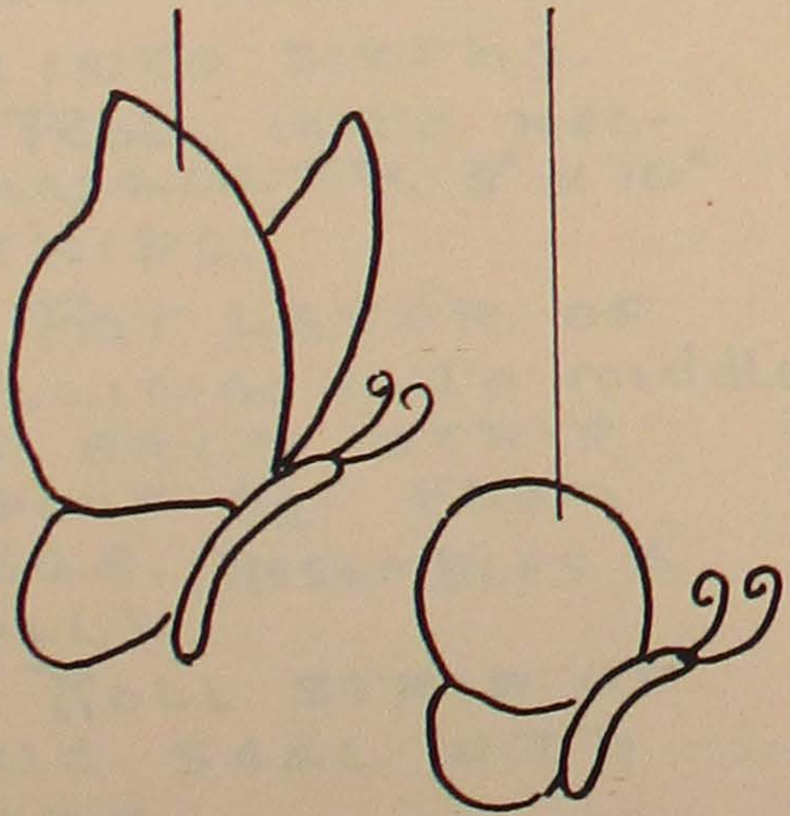
Cream together:

½ C. + 1 T. shortening.

1½ C. sugar, 2 eggs

Add dry mixture alternately with

2 C. Buttermilk



Store batter covered in refrigerator + bake at 400°, 20-25 min., at your convenience.

Fill greased muffin pans 2/3 full.

Dutch Letters

— 24 LETTERS, OR MORE IF SMALLER —

CREAM TOGETHER:

1 LB. MARGARINE
4 C. FLOUR
1 C. WATER
} CHILL UNTIL STIFF

FILLING:

1 LB. ALMOND PASTE (NOT MARZIPAN)
3 EGGS
2 C. SUGAR

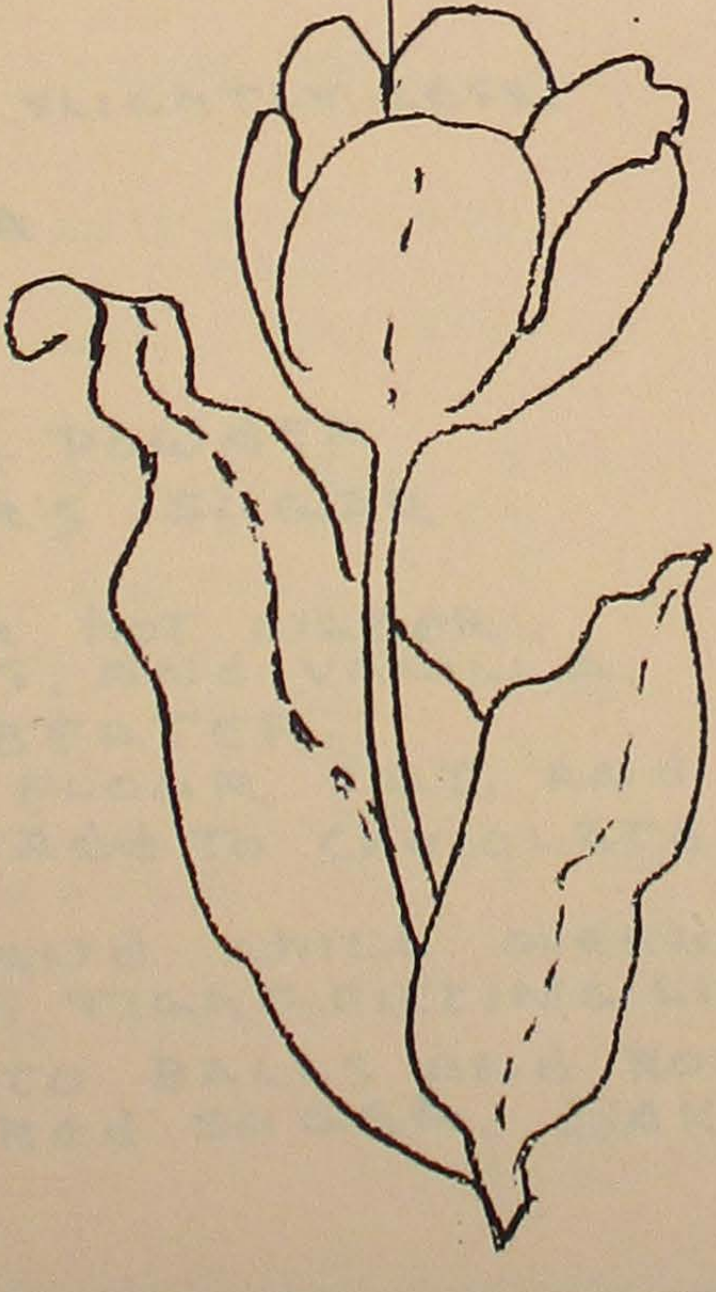
MIX TOGETHER WITH MIXER, AND CHILL.

DIVIDE CHILLED DOUGH INTO FOURTHS AND THEN EACH 1/4 INTO SIXTHS.

ROLL INTO RECTANGULAR 3" X 10" STRIPS.

PAT LAYER OF FILLING INTO MIDDLE OF EACH STRIP ABOUT 1/2" FROM EDGE. (RESEMBLES A ROLL)

ROLL STRIP UP AND SEAL WITH FORK.



CONT.

Dutch Letters

— 24 LETTERS, OR MORE IF SMALLER —

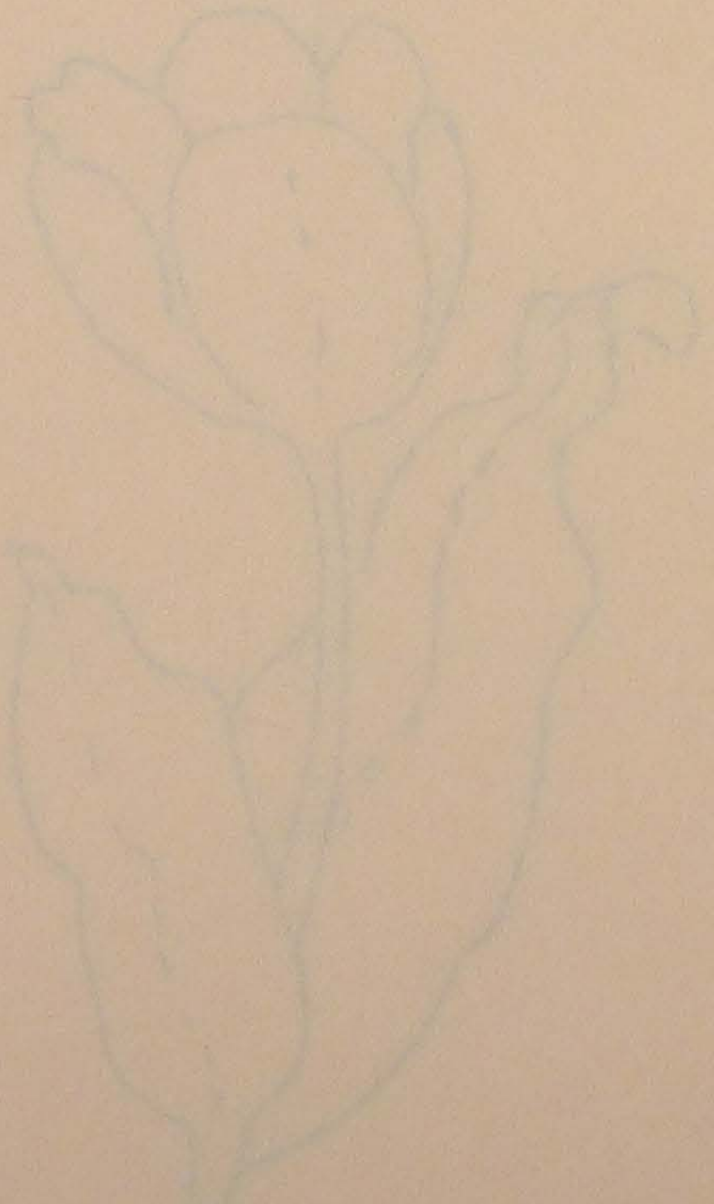
CREAM TOGETHER

1 LB. MARGARINE
4 C. FLOUR
1 C. WATER
} CHILL UNTIL STIFF

FILLING

1 LB. ALMOND PASTE (NOT MARZIPAN)
2 EGGS
2 C. SUGAR
MIX TOGETHER WITH MIXER AND CHILL.

DIVIDE CHILLED DOUGH INTO FOURTHS AND THEN EACH INTO SIXTHS.
ROLL [illegible] [illegible] STRIPS.
PUT LAYER OF FILLING INTO MIDDLE OF EACH STRIP. [illegible] [illegible] [illegible]
[illegible]



Cut small slits into roll before you bake. Arrange with sealed edge down.

Shape into letters, then brush with beaten egg white and sprinkle with sugar.

You may freeze before or after baking.

Bake 350° for 15-20 min.

5 doz.

Chocolate Frosties

5 squares unsweetened chocolate
1/2 C. oil
2 C. sugar (or slightly less)
4 eggs
2 tsp. vanilla
2 C. flour
1/2 tsp. salt
2 tsp. baking powder
Confectioner's sugar

Melt chocolate over hot water. Add oil, sugar, eggs, and vanilla. Blend well with beater.

Sift together flour, salt, and baking powder. Add to chocolate mixture.

Blend well and chill overnight in bowl with tight-fitting lid.

Shape into balls and roll in powdered sugar. Bake.

Bake 10 min. at 350°

Sweetheart Oatmeal Cookies

1 C. margarine

2 3-oz. pkgs. cream cheese, softened

1 C. white sugar

1 tsp. vanilla

2 C. flour

1 T. baking powder

1/4 tsp. salt

1 C. quick or regular oatmeal, uncooked

1/2 C. chopped nuts (optional)

(No eggs in this recipie)

Cream together butter and cream cheese; add sugar and vanilla and continue beating.

Add sifted flour, baking powder, and salt to creamed mixture.

Stir in oats (and nuts); mix well.

Chill.

Divide into 1 inch balls and press to flatten slightly. To shape into hearts, pinch bottom end together to form point. With index finger, press dough from top edge towards point to make indentation in top of heart.

Place on ungreased cookie sheets.

Bake in 350° oven for 12-15 min.

Frost with pink powdered sugar butter frosting.

4 dozen

Peanut Butter Balls

1½ C. brown sugar
¾ C. flour
½ C. milk
½ C. butter
1½ C. quick oats
⅔ C. crunchy peanut butter
⅔ C. raisins
½ C. flaked coconut
1 tsp. vanilla
¼ tsp. salt

Combine sugar, flour, and milk in a large, heavy saucepan. Stir until smooth. Add butter. Bring to boiling, stirring constantly.

Remove from heat and stir in remaining ingredients. Cool to lukewarm.

Shape teaspoonfuls into 1" balls. Roll in additional flaked coconut. Place on waxed paper and cool completely.

Store in refrigerator or cool place. 5 doz.

Chocolate Icebox Cookies

1½ C. sugar
½ C. margarine } Blend together

Add:

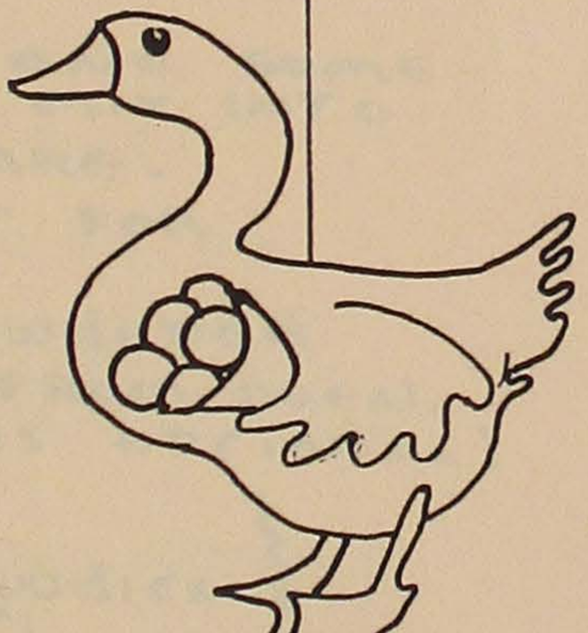
1 egg

2 oz. baking chocolate, melted and cooled. Add:

½ tsp. vanilla

Sift together:

2½ C. flour
½ tsp. salt
1 tsp. baking powder, +



Add along with

¼ C. milk

½ C. chopped pecans (optional)

Chill well. Roll a little at a time on lightly-floured waxed paper. Cut into patterns and put on greased cookie sheet. Bake at 400° for 8-10 minutes, depending on thinness.

Chill scraps and re-roll with some fresh dough. If very chilled, this dough is suitable for fairly detailed cookie cutters.

Cherry Squares

Cream 1½ C. sugar
1 C. butter
Add 4 eggs
2 C. flour
1 tsp. vanilla

Spread into a 12 x 18 jelly roll pan and mark off 24 squares.

Filling: 1 can cherry pie filling mix.

Drop 3 cherries and some juice from pie filling mix into center of each square.

Bake at 325-350° for 30-35 minutes.

Sprinkle with powdered sugar when removed from oven.
(Whipped cream is optional).

Chocolate Nut Candies
(Easiest ever!)

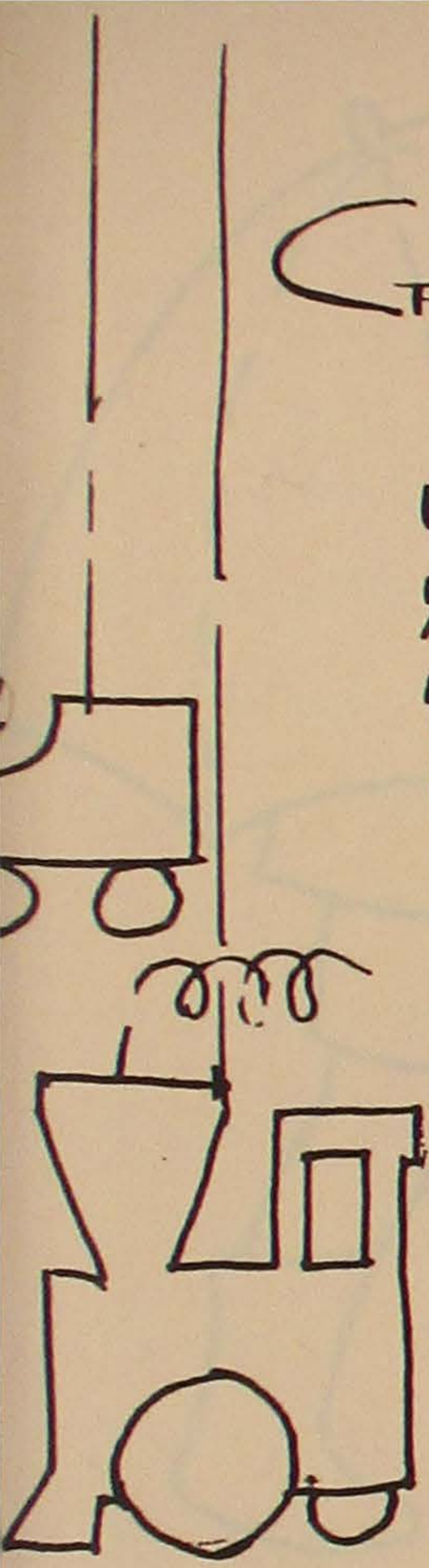
Melt in double boiler:
16 oz. almond bark
and
12 oz. chocolate chips

Add
12 oz. Spanish peanuts (or cashews, pecans, etc.)

Drop by spoonfuls onto waxed paper.

Cool.

** As a holiday treat, put in decorative candy paper cups. **



CRUNCHY JUMBLE COOKIES

3 DOZEN

- 1 1/4 C. FLOUR
- 1/2 tsp. BAKING SODA
- 1/4 tsp. SALT
- 1/2 C. MARGARINE (SOFT)
- 1 C. SUGAR
- 1 EGG
- 1 tsp. VANILLA
- 2 C. RICE KRISPIES
- 1 C. CHOCOLATE CHIPS

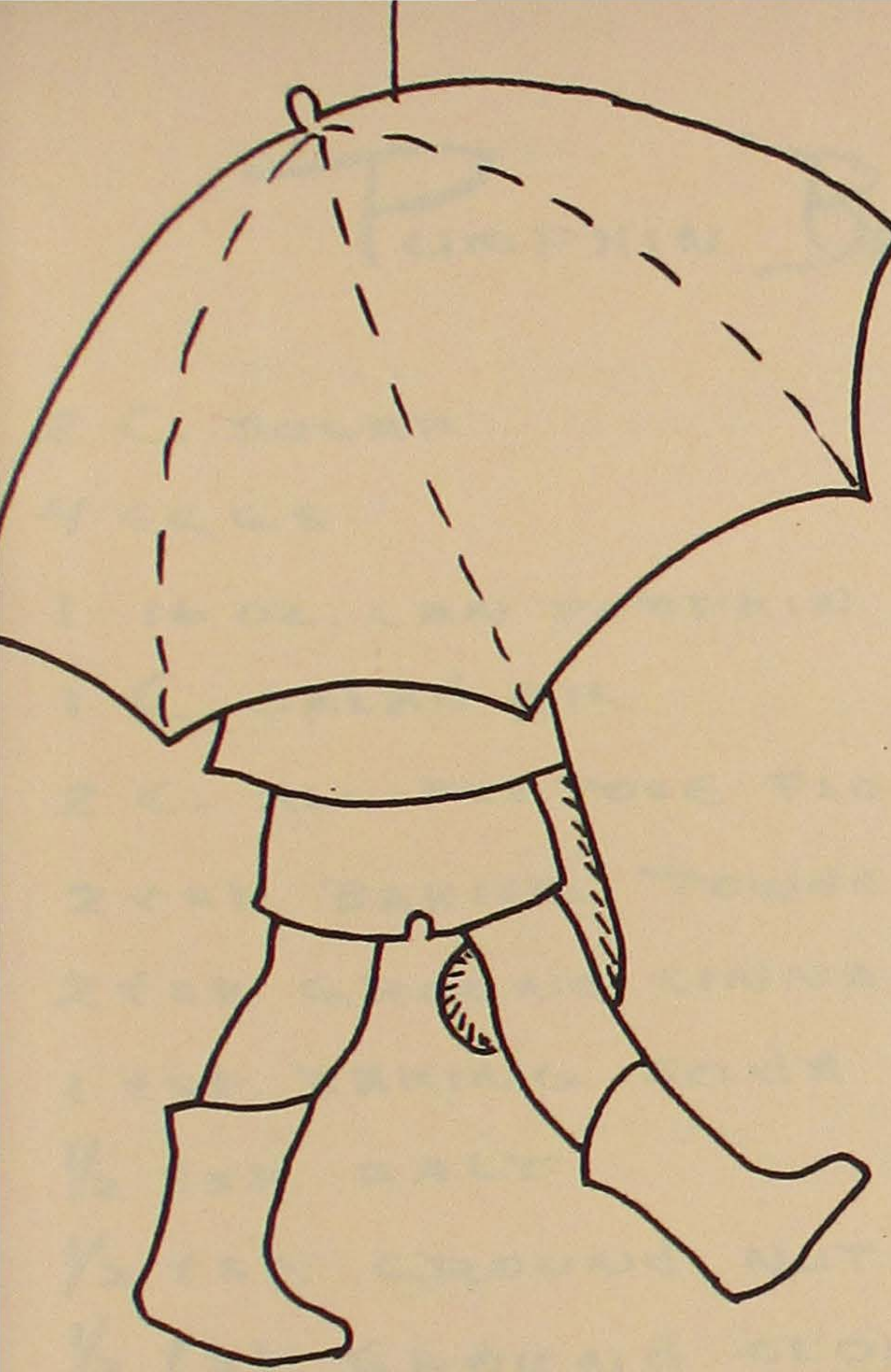
OPTIONAL: 1 C. RAISINS, NUTS, COCONUT

SIFT TOGETHER FLOUR, SODA + SALT - SET ASIDE.

BEAT MARGARINE AND SUGAR IN LARGE BOWL UNTIL SMOOTH. ADD EGG AND VANILLA - BEAT WELL.

ADD SIFTED DRY INGREDIENTS, MIX UNTIL COMBINED. STIR IN CEREAL, CHIPS, AND ANYTHING ELSE YOU WISH.

BAKE AT 350° FOR ABOUT 12 MINUTES.



Sugar Cookies

1 C. pow. sugar

1 C. sugar

1 C. margarine

1 C. vegetable oil

2 eggs

1 tsp. + vanilla

4 C. + 4 heaping T. flour

1 tsp. salt

1 tsp. soda

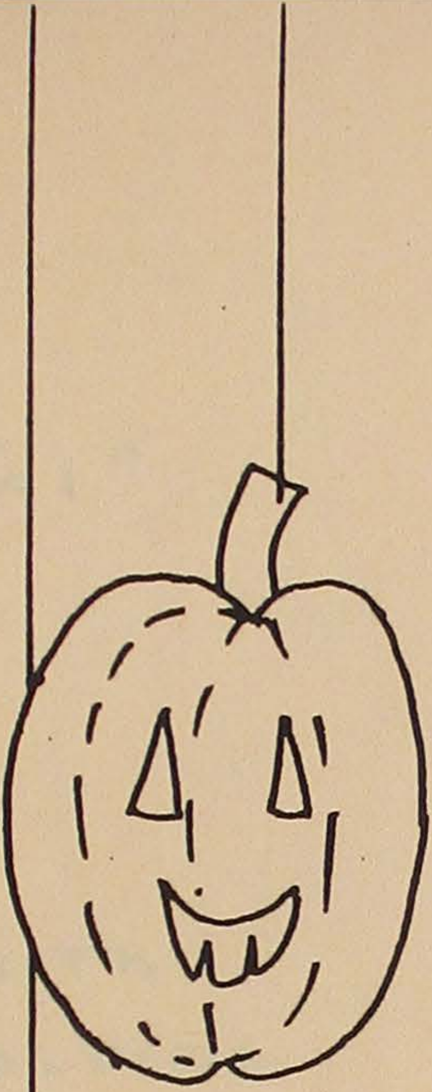
1 tsp. cream of tartar

Mix all ingredients. Roll dough into small balls. Place on ungreased cookie sheet. Press cookies down with a glass dipped in sugar.

Bake 10-15 minutes at 350° until golden brown.

4 dozen

Pumpkin Bars I



2 C. sugar

4 eggs

1-16 oz. can pumpkin

1 C. salad oil

2 C. all-purpose flour

2 tsp. baking powder

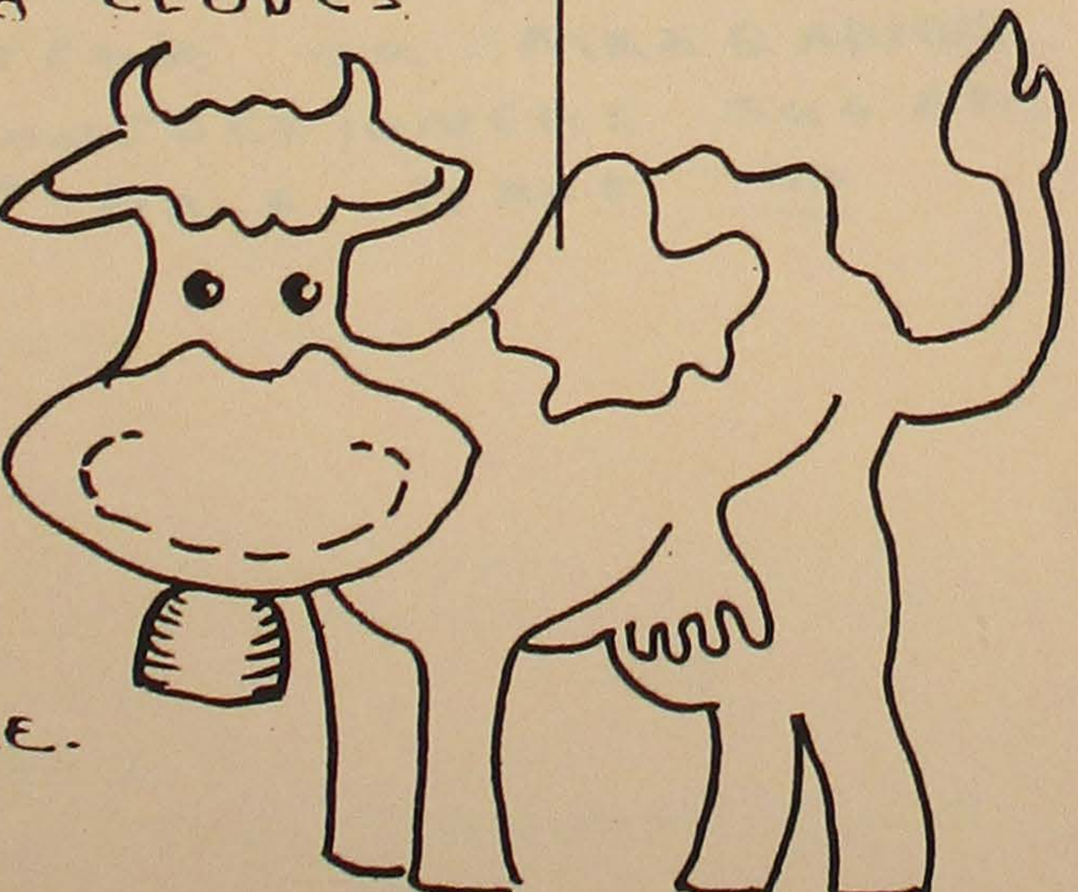
2 tsp. ground cinnamon

1 tsp. baking soda

1/2 tsp. salt

1/2 tsp. ground nutmeg

1/2 tsp. ground cloves



Mix sugar, eggs, pumpkin, and salad oil.

Sift together dry ingredients and stir into pumpkin mixture.

cont.

POUR INTO GREASED AND FLOURED 15 x 10 x 1" PAN.

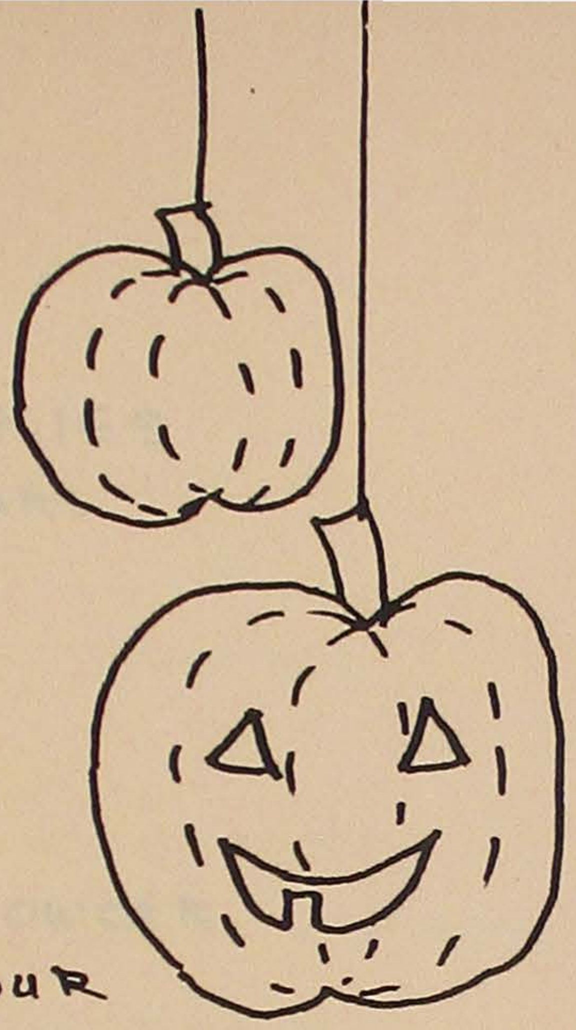
BAKE IN 350° OVEN 25-30 MINUTES.

COOL AND FROST WITH CREAM CHEESE FROSTING.

CREAM CHEESE FROSTING

BLEND 1- 3OZ. PKG. SOFTENED CREAM CHEESE, 3 T. SOFT BUTTER OR MARGARINE, 1½ C. CONFECTIONERS SUGAR, AND 1 T. HALF + HALF OR CREAM.

PUMPKIN BARS II



SIFT TOGETHER:

1 C. WHITE FLOUR
3/4 C. WHITE SUGAR
1/2 TSP. SALT
1 TSP. SODA
2 TSP. BAKING POWDER
2 TSP. CINNAMON

ADD:

1 C. WHOLE WHEAT FLOUR
3/4 C. BROWN SUGAR
1/2 C. WHEAT GERM (OPTIONAL)

AND

4 EGGS, SLIGHTLY BEATEN
2 C. PUMPKIN (1 CAN)
1 C. OIL

MIX. ADD CHOPPED NUTS AND RAISINS, IF DESIRED, IN PREFERRED AMOUNT.

BAKE IN JELLYROLL PAN 350° FOR 25 MINUTES.

COOL AND FROST.

FROSTING

3 OZ. CREAM CHEESE
3/4 STICK MARGARINE
} CREAM TOGETHER
1 TSP. MILK
1 TSP. VANILLA
1 3/4 C. SIFTED POWDERED SUGAR

CHRISTMAS

ROLL-OUT COOKIES
(ISU 50-60 YEARS AGO)

1 C. BUTTER
2 C. SUGAR
3 EGGS
4-4½ C. FLOUR
4 tsp. BAKING POWDER
½ tsp. SALT
2 T. MILK
1 tsp. NUTMEG
1 tsp. VANILLA

CHILL 2 HOURS, OR OVERNIGHT.
ROLL OUT. USE FAVORITE COOKIE CUTTERS.
BAKE AT 400° FOR 10 MINUTES.
SLIP QUICKLY OFF PAN.

FROSTING

⅓ C. SOFT BUTTER
¼ tsp. SALT
1 tsp. VANILLA
1 LB. (3½ C.) POWDERED SUGAR
¼ C. MILK OR ½ + ½

CREAM BUTTER, SALT, AND VANILLA UNTIL FLUFFY.
Add SUGAR, MILK AND BEAT 'TIL SPREADABLE.
(Add FOOD COLORING)

KRINGLA

1 C. SUGAR
1 STICK MARGARINE } CREAM
1 EGG BEATEN
Add TO SUGAR MIXTURE
1 C. COMMERCIAL SOUR CREAM
1 tsp. SODA - Added TO SOUR CREAM

2 ½ C. FLOUR
1 tsp. BAKING POWDER
1 tsp. VANILLA
PINCH OF SALT
(CAUTION: DO NOT USE TOO MUCH FLOUR)

MIX AND LET STAND OVERNIGHT IN REFRIGERATOR.

ROLL OUT A PORTION AT A TIME, ABOUT 1" THICK. CUT IN STRIPS AND SHAPE QUICKLY INTO A FIGURE 8. PLACE ON COOKIE SHEETS.

BAKE AT 450° FOR 5 MIN.

COVER WITH A TOWEL WHEN TAKEN FROM OVEN.

Pumpkin Walnut Cookies

½ C. butter or margarine

1½ C. brown sugar, packed

2 eggs

1 C. cooked or canned pumpkin

1 tsp. vanilla

1 tsp. grated lemon peel

1 tsp. lemon juice

2½ C. sifted flour

3 tsp. baking powder

1 tsp. salt

1½ tsp. pumpkin pie spice

¼ tsp. ginger

1 C. coarsely chopped walnuts

Cream butter and sugar together until fluffy.

Beat in eggs, one at a time.

Stir in pumpkin, vanilla, lemon peel and juice.

Sift flour with baking powder, salt and spices; blend into butter mixture.

STIR IN WALNUTS.

DROP BY TABLESPOON ONTO GREASED BAKING SHEET 2 inches APART.

BAKE AT 375° 12-14 MINUTES.

SPREAD COOLED COOKIES WITH VANILLA BUTTER-CREAM FROSTING.

Oatmeal Cookies

3 C. PACKED BROWN SUGAR
1 LB. BUTTER
1/2 LB. MARGARINE
6 C. UNCOOKED QUICK OATS
1 T. BAKING SODA
3 C. SIFTED FLOUR

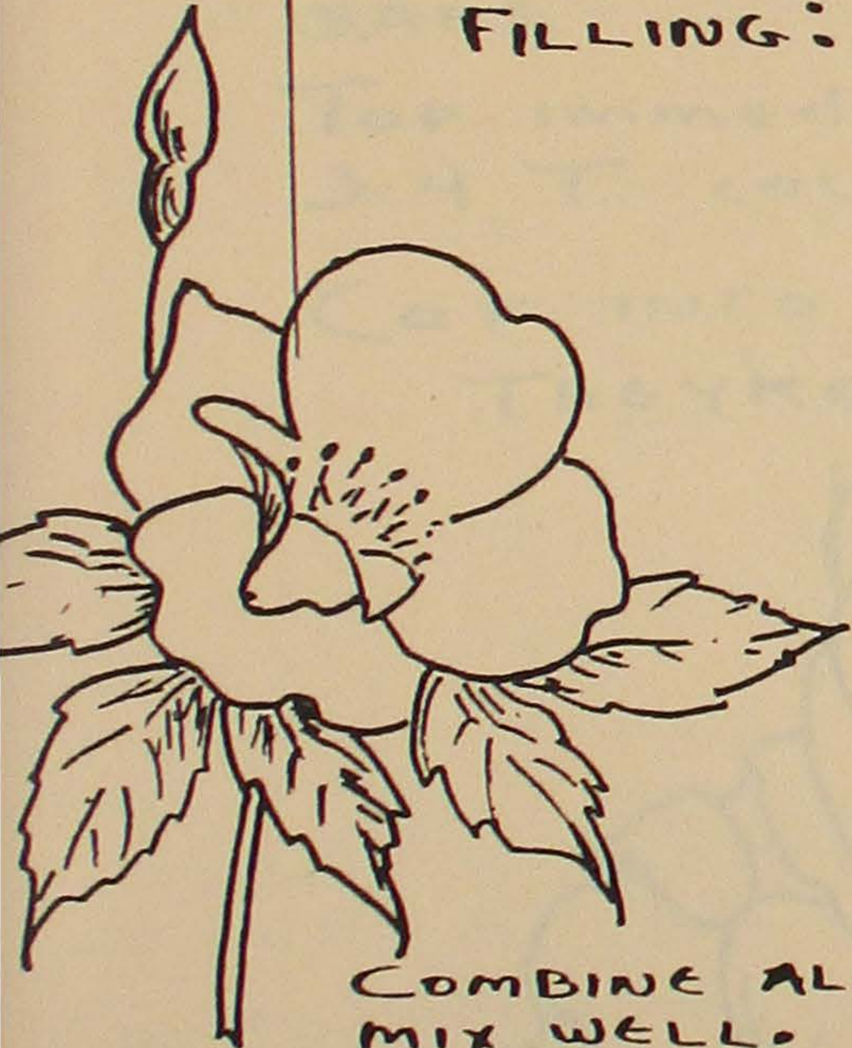
MIX WELL. FORM INTO BALLS. PLACE ON UNGREASED COOKIE SHEET. FLATEN BALLS WITH GLASS DIPPED IN SUGAR.

BAKE ABOUT 12 MINUTES AT 350°.

MARASCHINO CHERRY BARS

CRUST: 2 C. FLOUR
1/3 C. SUGAR
3/4 C. MARGARINE, SOFTENED

COMBINE AND BLEND UNTIL CRUMBLY. PRESS INTO GREASED 9 X 13" PAN. BAKE 350° FOR 12 MIN. UNTIL VERY LIGHTLY BROWNED.



FILLING: 2 EGGS, SLIGHTLY BEATEN
1 C. BROWN SUGAR
1/3 C. FLOUR
1 1/2 TSP. BAKING POW.
1/2 TSP. SALT
1/2 TSP. VANILLA
10 OZ. JAR MARASCHINO CHERRIES, DRAINED & CHOPPED
*RESERVE JUICE
1/2 C. CHOPPED NUTS

COMBINE ALL INGREDIENTS; MIX WELL. POUR OVER CRUST. BAKE 350° FOR 20-25 MIN. OR UNTIL TOOTHPICK COMES OUT CLEAN. COOL.

CONT.

MARASCHINO
CHERRY BARS

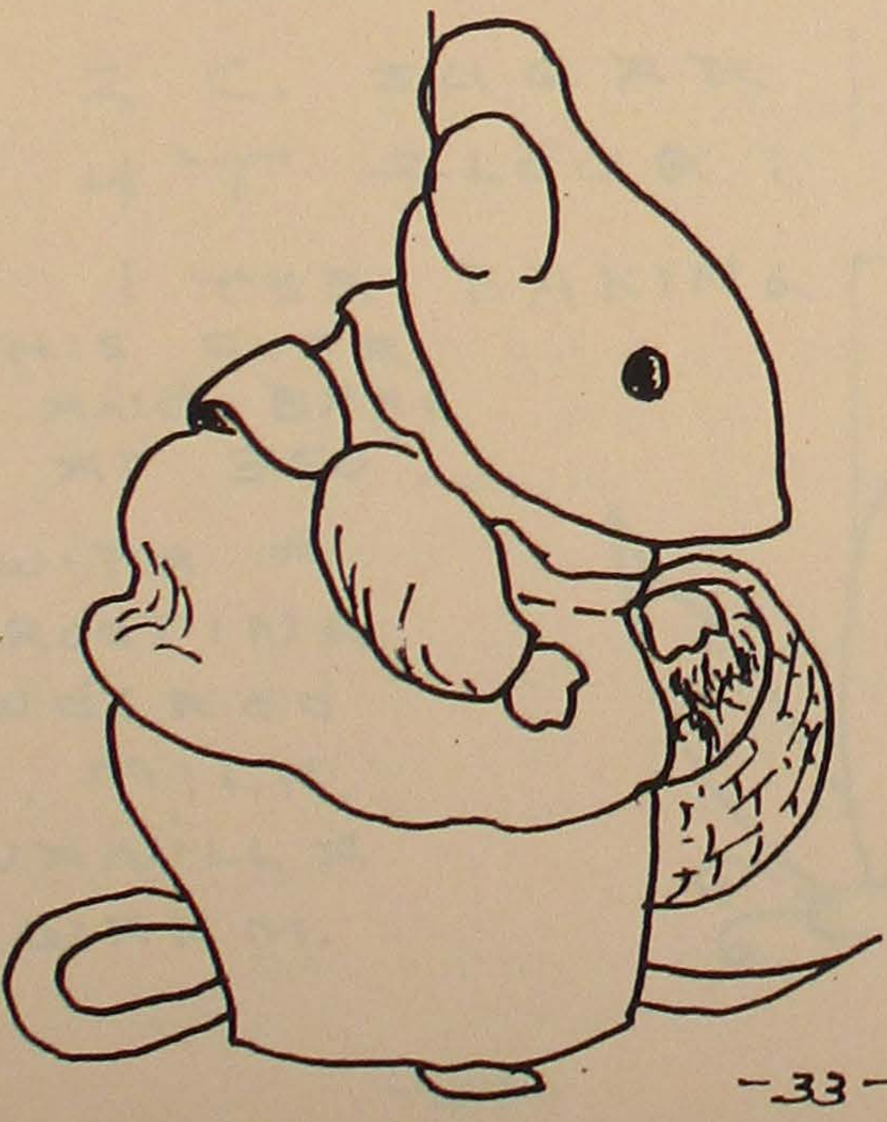
FROSTING:

2 T. softened margarine
2 1/2 C. powdered sugar
3-4 T. reserved cherry juice

Beat together and frost bars.

Top immediately with 3-4 T. coconut.

Cut into small bars — they're rich!



Lemon Bars

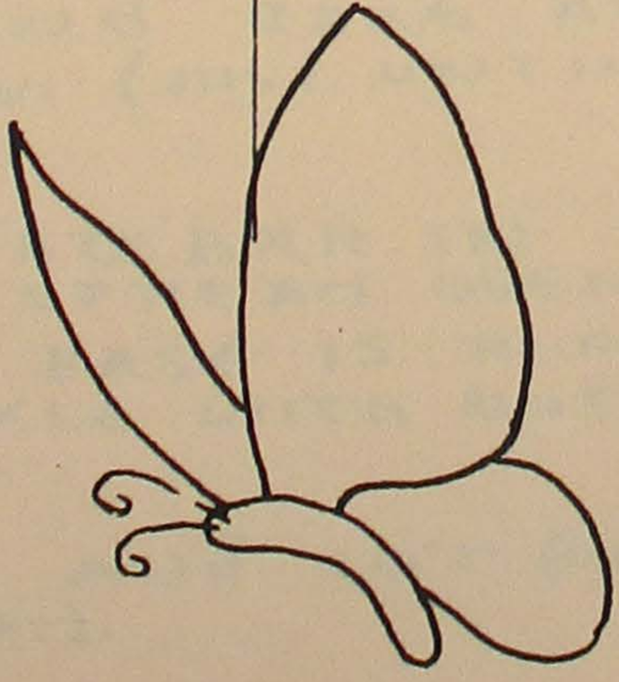
Cream Together:

1 C. margarine
2 C. flour
½ C. pow. sugar. Pat into well-greased 9x13 pan. Bake 15 min. at 350° and let cool.

Mix Together:

4 T. lemon juice
4 beaten eggs
2 C. sugar
4 T. flour;
1 tsp. baking powder

Pour this over crust and bake 25 min. at 350°. Cover with a thin frosting of powdered sugar, milk, and vanilla while warm.



ENGLISH TOFFEE BARS

1 C. MARGARINE

1 C. SUGAR

1/4 TSP. SALT

1 EGG YOLK

1 TSP. VANILLA

2 C. FLOUR

1 EGG WHITE

1/2 C. PECANS

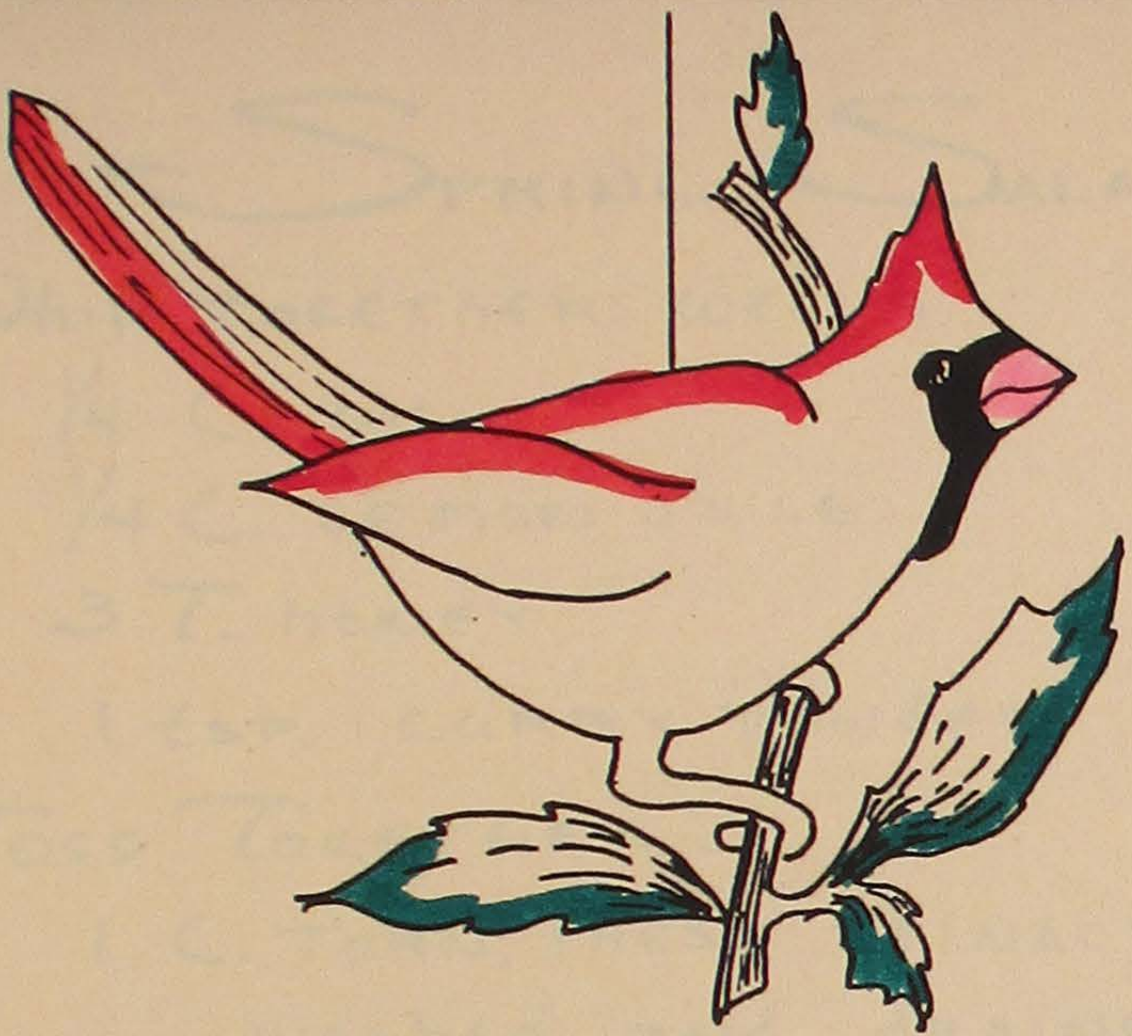
LARGEST HERSHEY'S CHOCOLATE BAR

CREAM SUGAR, MARGARINE, AND SALT TOGETHER; ADD EGG YOLK AND VANILLA. PAT INTO JELLY ROLL PAN.

SPREAD BEATEN EGG WHITE OVER TOP AND BAKE AT 350° FOR 8-10 MIN. (JUST UNTIL LIGHTLY BROWNED).

MELT CHOCOLATE BAR IN DOUBLE BOILER AND SPREAD OVER AS SOON AS COOKIE BASE IS REMOVED FROM OVEN. SPRINKLE WITH NUTS IMMEDIATELY.

COOL BRIEFLY AND CUT (EASIEST WHILE SOMEWHAT WARM).



SHORTLY AFTER WE STARTED OUR WORKSHOP, WE HIT ON THE BRIGHT IDEA OF TREATING EACH OTHER TO A SALAD POT LUCK LUNCHEON IN MAY TO CELEBRATE THE CLOSE OF THE SEASON.

THE CREW ALSO DECIDED SEVERAL YEARS AGO TO MAKE SUNCATCHERS ALL SPRING, IN ADDITION TO THE FALL WEEKLY MEETINGS. SO, WE NOW WORK THE 2ND AND 4TH TUESDAYS FROM THE END OF JANUARY UNTIL MAY. AND WHAT A GOOD THOUGHT— WE STAY INTO THE AFTERNOON AND SHARE A POT LUCK LUNCH. WE SHARE SOME "FAMILY FAVORITES" WITH YOU.

Spring Salad

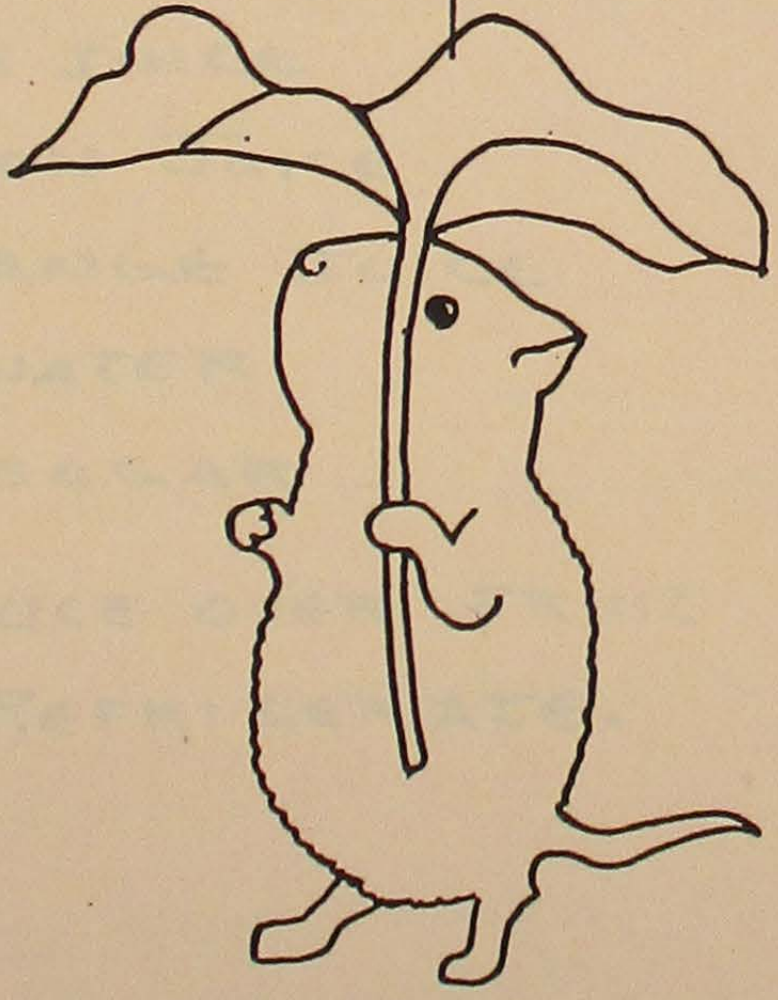
Whip together well:

- 1/4 C. oil
- 1/4 C. lemon juice
- 3 T. honey
- 1 tsp. curry powder

Toss together:

- 1 C. torn, fresh spinach, washed and drained
- 1 C. torn, fresh leaf lettuce, washed and drained

- 1 orange, sectioned
- 1 avocado, sliced thin
- 1 apple, diced
- 1 carrot, sliced thin
- 1/2 C. pepperoni, diced fine
- 3 hard-boiled eggs, sliced



Pour dressing over; toss again, and serve.

Fresh Fruit Salad

½ honeydew melon
½ muskmelon
¼ watermelon
1 pt. strawberries

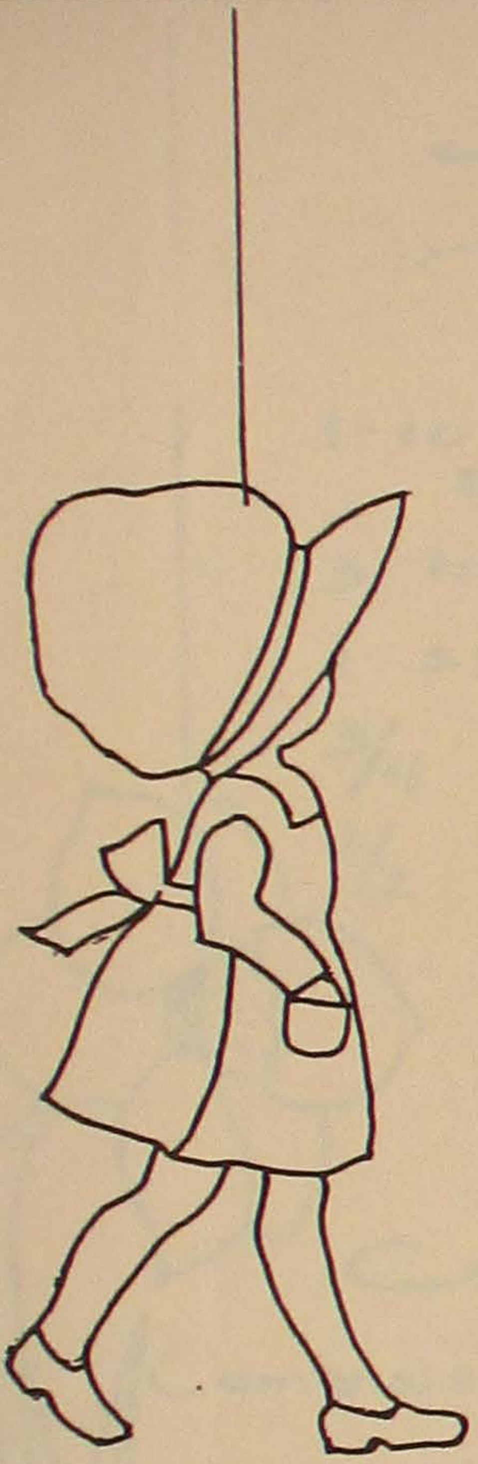
Make melon balls of the 3 melons, and mix together with the strawberries.

Aloha Sauce

2 T. lime juice
2 T. lemon juice
2 T. orange juice
⅓ C. water
⅔ C. sugar

Pour sauce over fruit mixture. Refrigerate.

Broccoli Salad I



1-20 oz. bag frozen chopped broccoli
1-20 oz. bag frozen peas
2 slices onion, chopped
2/3 c. mayonnaise
1/3 c. sour cream
4-6 hard-boiled eggs, chopped
Salt and pepper to taste
Lemon juice

Thaw the vegetables on paper towel to absorb moisture. Sprinkle with lemon juice.

Add remaining ingredients and mix lightly.

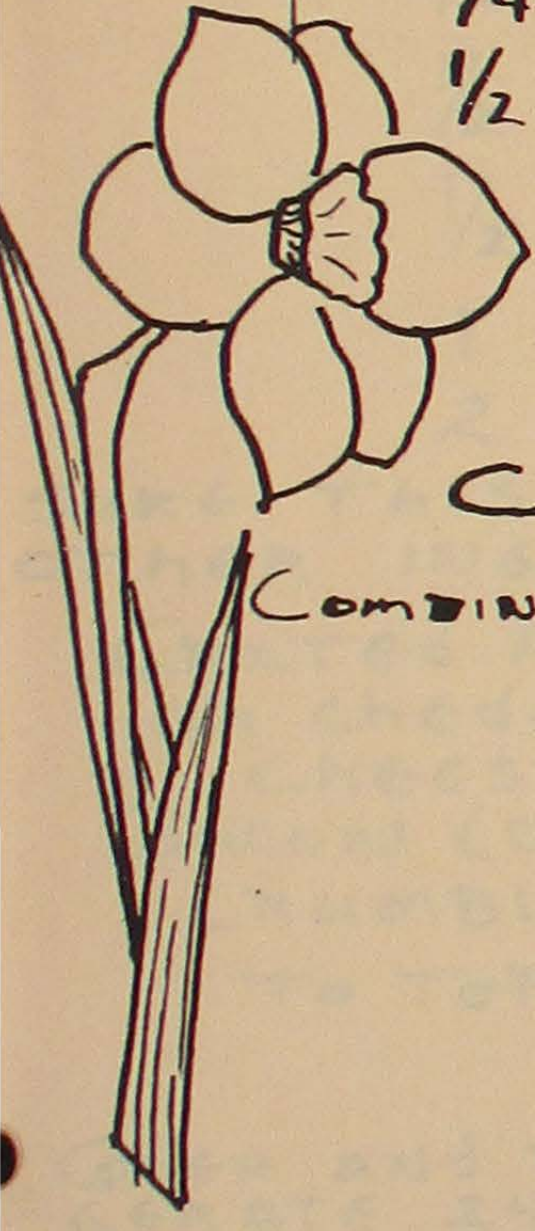
Garnish with additional slices of hard-cooked eggs.

Serves 8

BROCCOLI SALAD II

1-10 OZ. PKG. FROZEN CHOPPED BROCCOLI, COOKED
3 HARD BOILED EGGS, CHOPPED
1 SMALL CHOPPED ONION
3/4 C. SLICED STUFFED OLIVES
1/2 C. MAYONNAISE

MIX AND REFRIGERATE.



CAULIFLOWER SALAD

COMBINE IN BOWL:

2 C. DICED RAW CAULIFLOWER
1/2 C. SLICED SCALLIONS
1 CARROT, SLICED
1/4 C. SALAD OIL
1 1/2 T. LEMON JUICE
1 1/2 T. WINE VINEGAR
1 TSP. SALT
1/2 TSP. SUGAR
DASH PEPPER

MIX WELL. CHILL BEFORE SERVING.

optional (ADD 1/4 C. BLACK OLIVES.)

OVERNIGHT SALAD

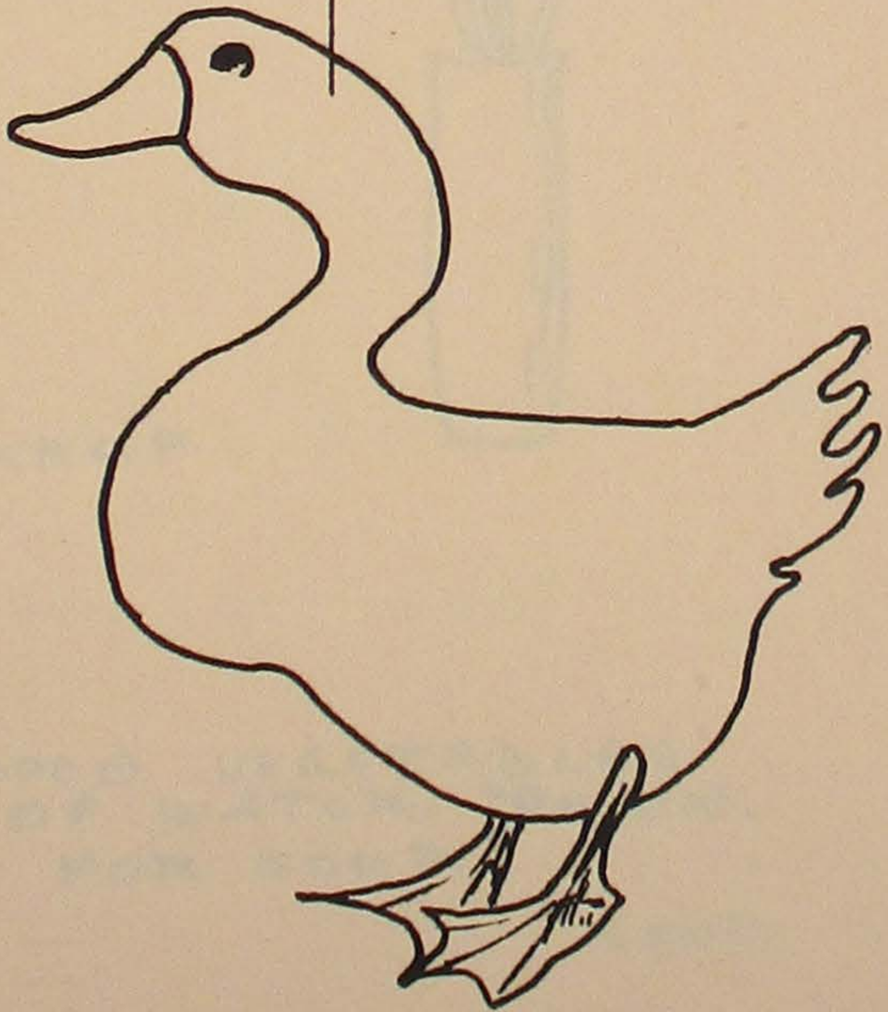
PLACE IN LAYERS, AS LISTED BELOW, IN 9 X 13" PAN.

1 HEAD LETTUCE (SMALL PIECES)
1/2 C. CHOPPED ONION
1/2 C. GREEN PEPPER, DICED
1/2 C. CHOPPED CELERY
1 PKG. FROZEN PEAS
2 C. MIRACLE WHIP (BE SURE THIS COMPLETELY COVERS OTHER INGREDIENTS.)

GRATED AMERICAN OR CHEDDAR CHEESE, + BACON (CRISP, CRUMBLED) TO TOP.

COVER AND REFRIGERATE 24 HOURS BEFORE SERVING.

— MAY TOSS BEFORE SERVING.



Garden Sandwich Filling

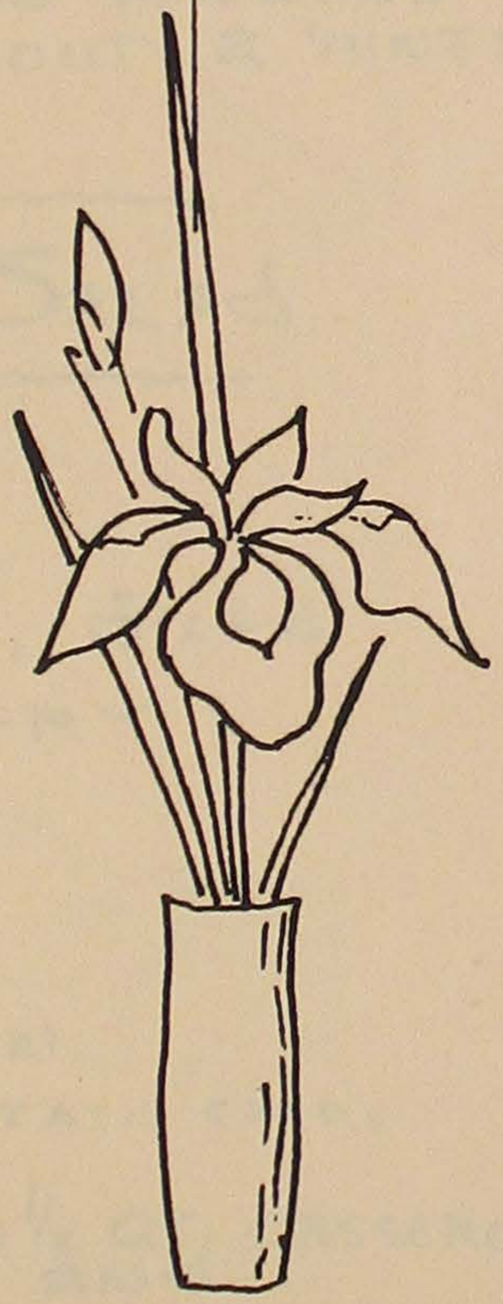
1 C. of each of the following, chopped:

- Green Tomatoes
- Carrots
- Cucumber
- Green Pepper
- Sweet Red Pepper
- Onion (medium)

1 C. Water

3 T. Flour
1 tsp. Tumeric
1 tsp. dry mustard
1 tsp. salt
1/4 C. sugar

2 egg yolks
3 T. butter
1/4 C. light corn syrup
1/2 C. water
1/2 C. vinegar



Cook the chopped vegetables in the first cup of water. Drain. (Save any liquid for soup.) . . .

cont.

Garden Sandwich Filling

Mix the dry ingredients and blend with the remaining ones. Cook until thick, stirring constantly.....mix in the vegetables.

May be processed to save long cooking periods: 45 minutes in hot water bath. About 2 pints.

Hot Chicken Salad

Mix together:

2 C. cold chicken, diced

2 C. chopped celery

1 C. mayonnaise

2 T. lemon juice

2 tsp. grated onion

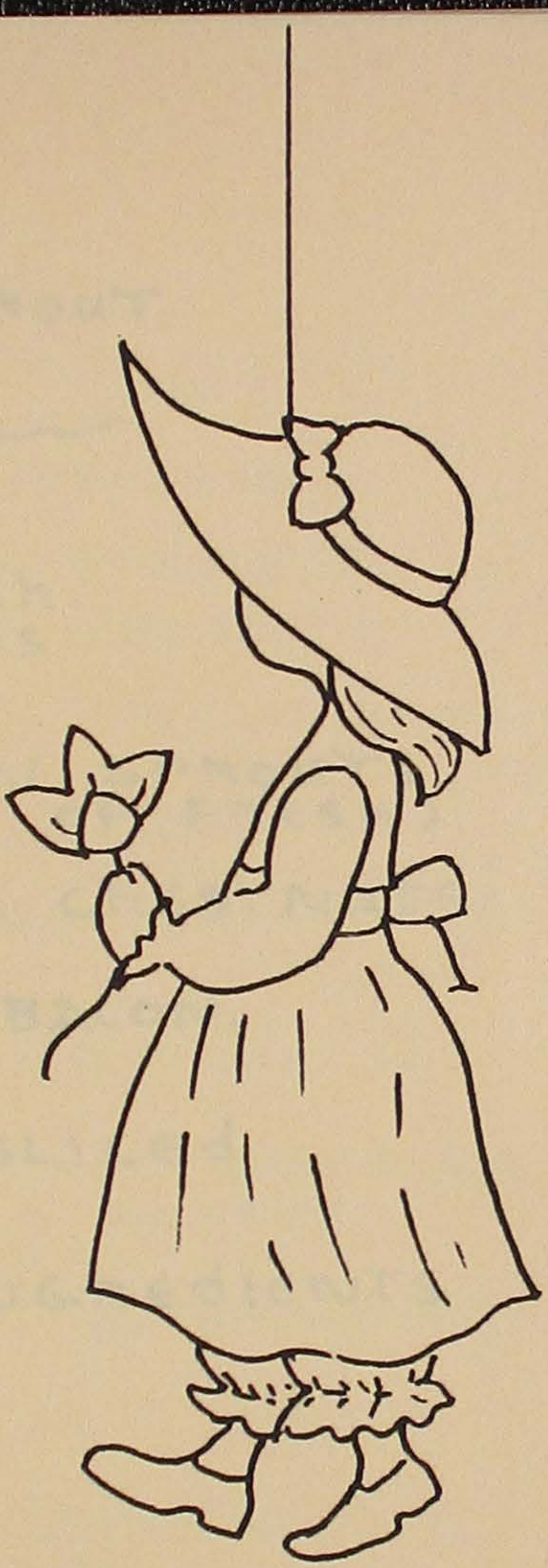
Grated cheese + potato chips

Put into greased 1½ qt. casserole. Top with grated cheese and crushed potato chips.

Cover and bake at 350° for ½ hr.

SALAD

1 - 3 OZ. PKG. LIME JELLO. SPRINKLE dRY OVER
2 #13 CANS CRUSHED PINE-APPLE, JUICE AND ALL; AND
1 - 10 OZ. PKG. MARSHMALLOW MINIATURES.
MIX AND LET SET OVERNIGHT.



Add: 1 PKG. BUTTERMINTS, CRUSHED, PLUS
2 PKG'S. DREAM WHIP, AND GREEN FOOD COLORING.
FOLD AND FREEZE IN ALUMINUM CUPS OR CUPCAKE LINERS, CHERRY ON TOP.

36 CUPS

Spinach 'n Sprout Salad

1 BAG RAW SPINACH (ADD OTHER GREENS AS DESIRED)

1 16-OZ CAN BEAN SPROUTS (OR EQUIVALENT OF FRESH)

1 8-OZ. CAN WATER CHESTNUTS, SLICED

8 STRIPS COOKED BACON, CRUMBLED

4 EGGS BOILED, SLICED

COMBINE ABOVE INGREDIENTS FOR SALAD.

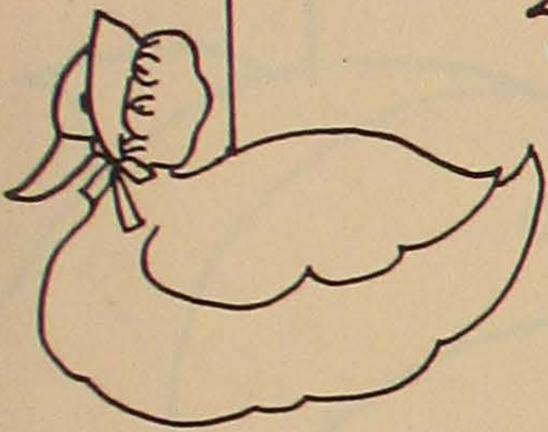
DRESSING:

1 C. COOKING OIL
3/4 C. SUGAR
1/4 C. VINEGAR
1/2 TSP. SALT
1/3 C. CATSUP
2 T. WORCESTERSHIRE SAUCE
1 MEDIUM ONION GRATED, OR 1 TSP. ONION SALT.

SHAKE WELL AND REFRIGERATE

Hot Egg Salad

Hard boil 12 eggs. Chop.
Add:



2 C. salad dressing
1/4 C. chopped pimento
1/2 C. chopped celery
1/4 C. chopped green pepper
1 tsp. salt
1 tsp. garlic salt
chopped parsley

Mix together well. Put in greased casserole, 1 1/2 qt. or a bit larger.

Top with 1 C. cracker crumbs. Dot with a little butter.

Cover and bake 1/2 hour. 350°

Cheese Pudding

6 slices bread. Butter. Cut in quarters diagonally.

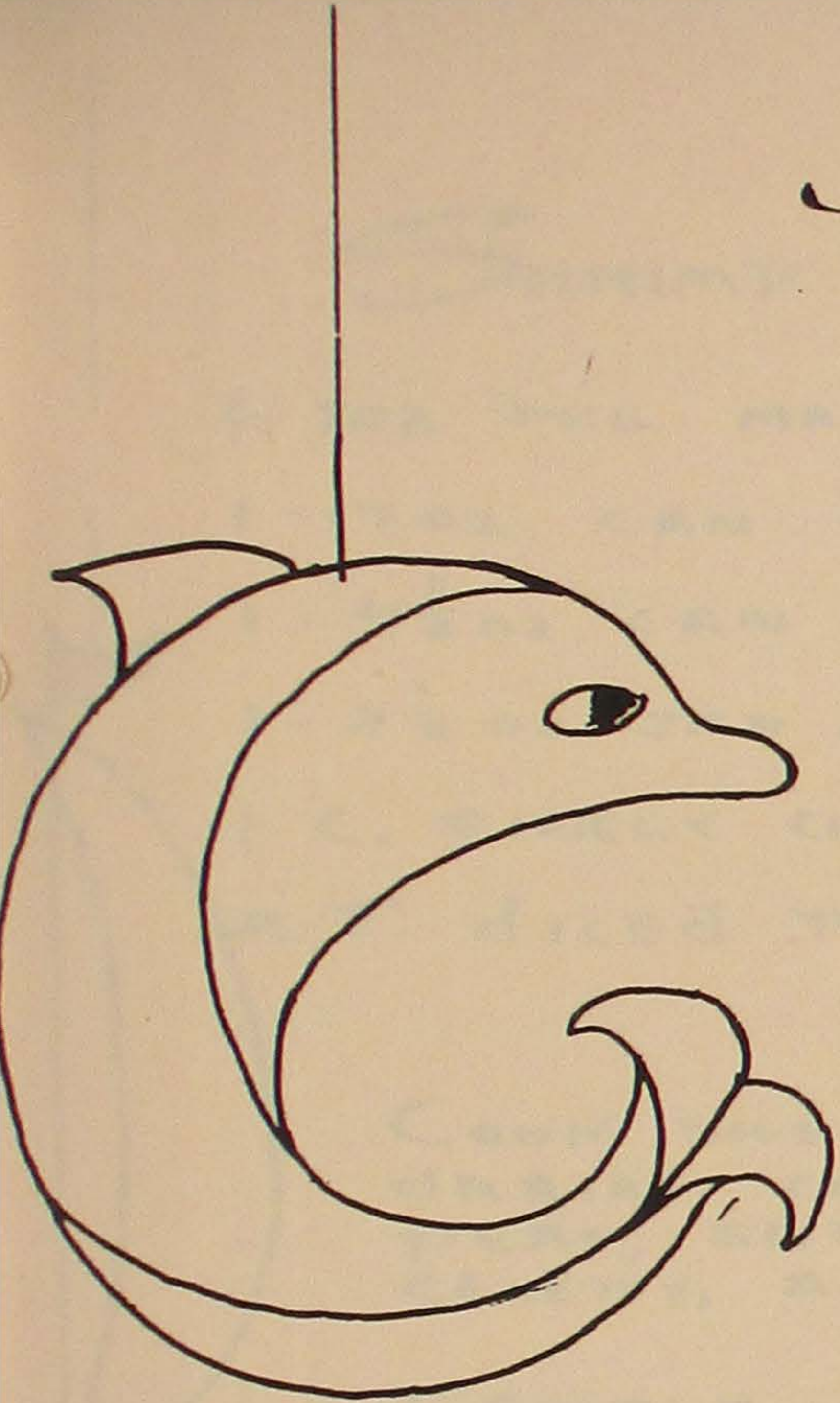
6 slices American cheese. Alternate in greased casserole, putting bottom layer of bread, butter side down.

Beat together and pour over:

2 1/2 C. milk
3 eggs
1 tsp. salt
1/4 tsp. dry mustard

Bake uncovered at 325° for 45 min.

Tuna and Fruit Salad



1 apple, unpeeled and chopped

2-8 oz. cans pineapple chunks, drained and cut in small pieces.

1 C. green grapes halved

1-7 oz. can tuna, drained

1 C. chopped celery

1 C. dairy sour cream

1 T. lemon juice

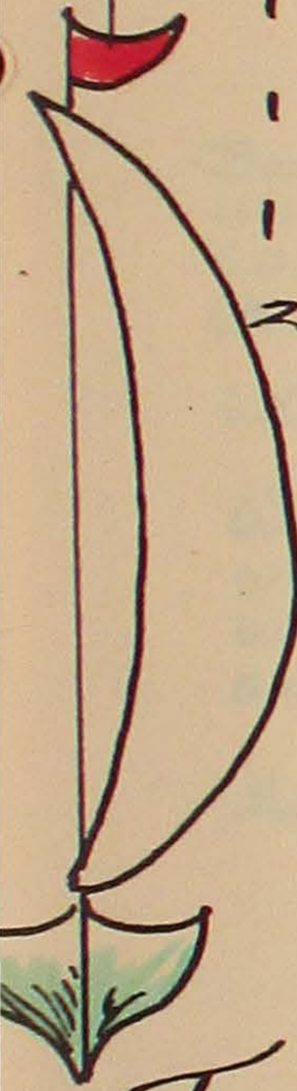
1/4 tsp. salt.

Combine apple, pineapple, grapes, tuna, and celery in a bowl. Gently fold lemon juice and salt into sour cream. Fold into fruit mixture.

Chill, covered, about 1 hour.

Serve on salad greens, sprinkled with chopped nuts.

Serves 6



Shrimp 'n Shells

1- 7oz pkg. macaroni shells

1-17oz. can small early peas, drained

1- $4\frac{1}{2}$oz. can shrimp, rinsed and drained

1- $2\frac{1}{2}$ oz. jar mushrooms, drained

1 C. finely chopped celery

2 T. diced pimento

Cook shells; rinse and drain. Combine with peas, shrimp, mushrooms, celery, and pimento.

Gently stir in dressing. Cover and chill at least 2 hours.

Tangy Dressing

$1\frac{1}{3}$ C. mayonnaise

1/4 C. milk

1/2 C. cocktail sauce

1/2 tsp. salt

1/2 tsp. pepper

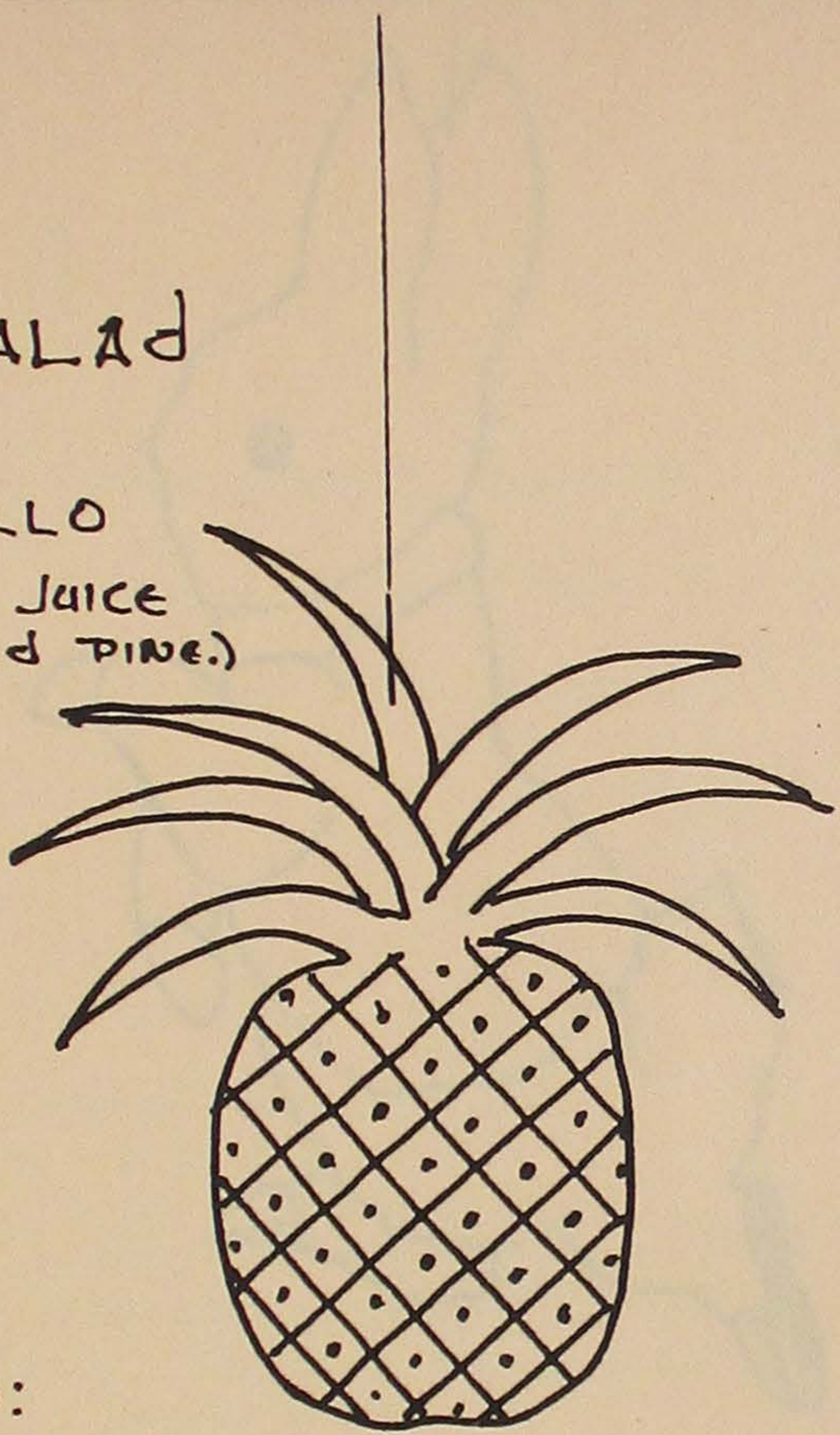
1/4 tsp. onion salt

1/8 tsp. celery salt

Combine mayonnaise and milk until smooth. Add remaining ingredients.

Lime Jello Salad

1 PKG. LIME JELLO
½ C. PINEAPPLE JUICE
(FROM DRAINED PINE.)



BOIL TOGETHER UNTIL MIXTURE COATS A SPOON. (APPROX. 5 MIN.)

LET COOL.

WHIP ½ PT. OF WHIPPING CREAM WITH A DASH OF SALT.

ADD TO THE CREAM:

1 C. CRUSHED PINEAPPLE, DRAINED

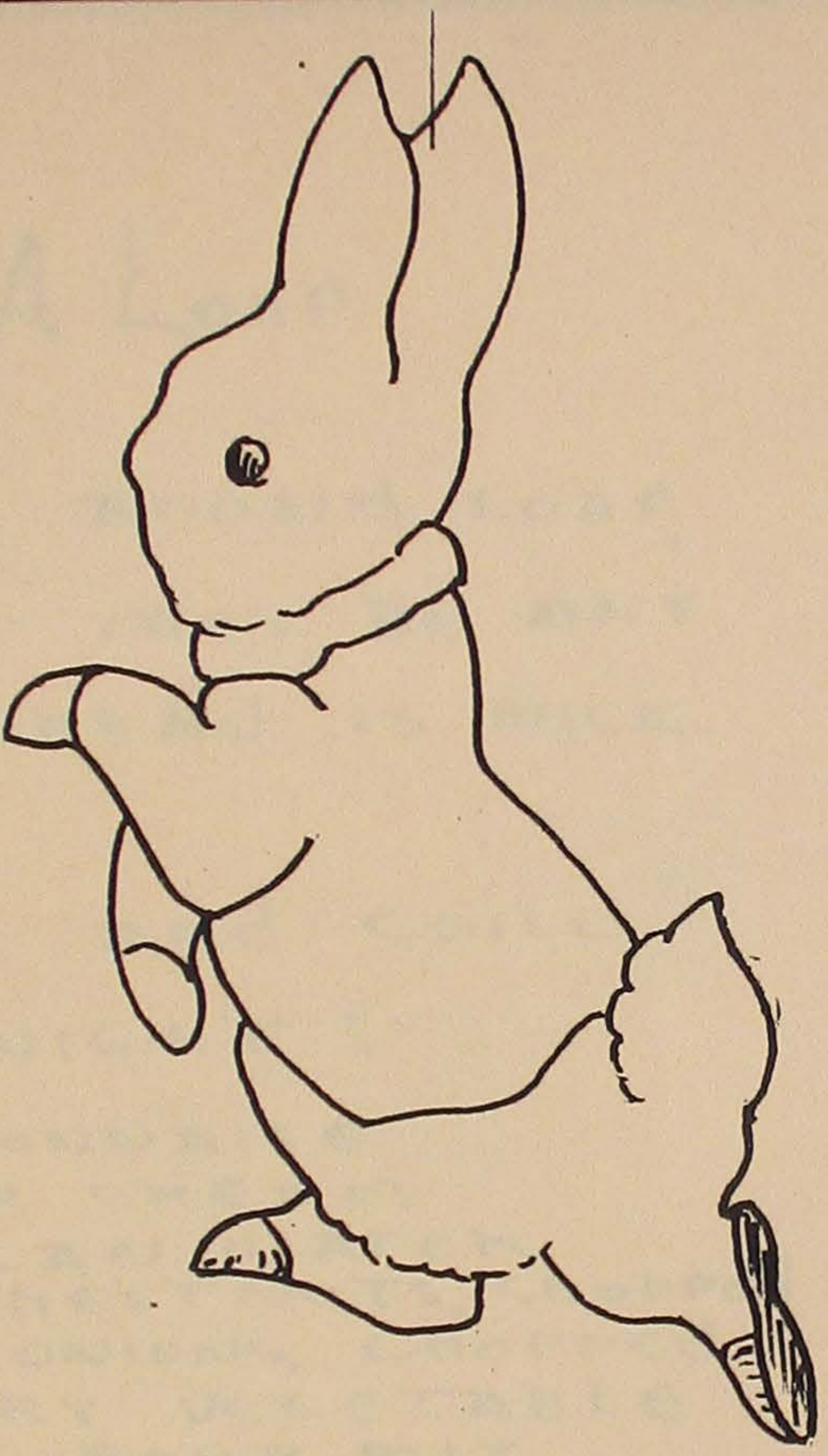
1 CARTON FARM-STYLE COTTAGE CHEESE (12 OZ. CARTON)

15 OR 20 DICED MARSHMALLOWS (OR EQUIVALENT MINIATURES)

ADD CREAM MIXTURE TO THE JELLO MIXTURE. REFRIGERATE UNTIL SET.

CUT IN SQUARES TO SERVE.

Lemony Carrot Dessert



1 - 16 oz. can carrots, OR
2 1/4 c. fresh cooked carrots
1/2 - 6 oz. can frozen lemonade, thawed
1/4 c. sugar
1 qt. vanilla ice cream
1 graham cracker crust (9")

Puree carrots in blender with lemonade. Add 1/4 c. sugar & blend in blender. Freeze partially. Soften ice cream a little and fold in carrot mixture. Freeze in graham cracker crust.

Serves 8

TREAT IN A LOAF

HOLLOW OUT A ROUND LOAF, LEAVING A 1" RIM — MAY BE ANY CHOICE — DARKER BREAD IS NICE.

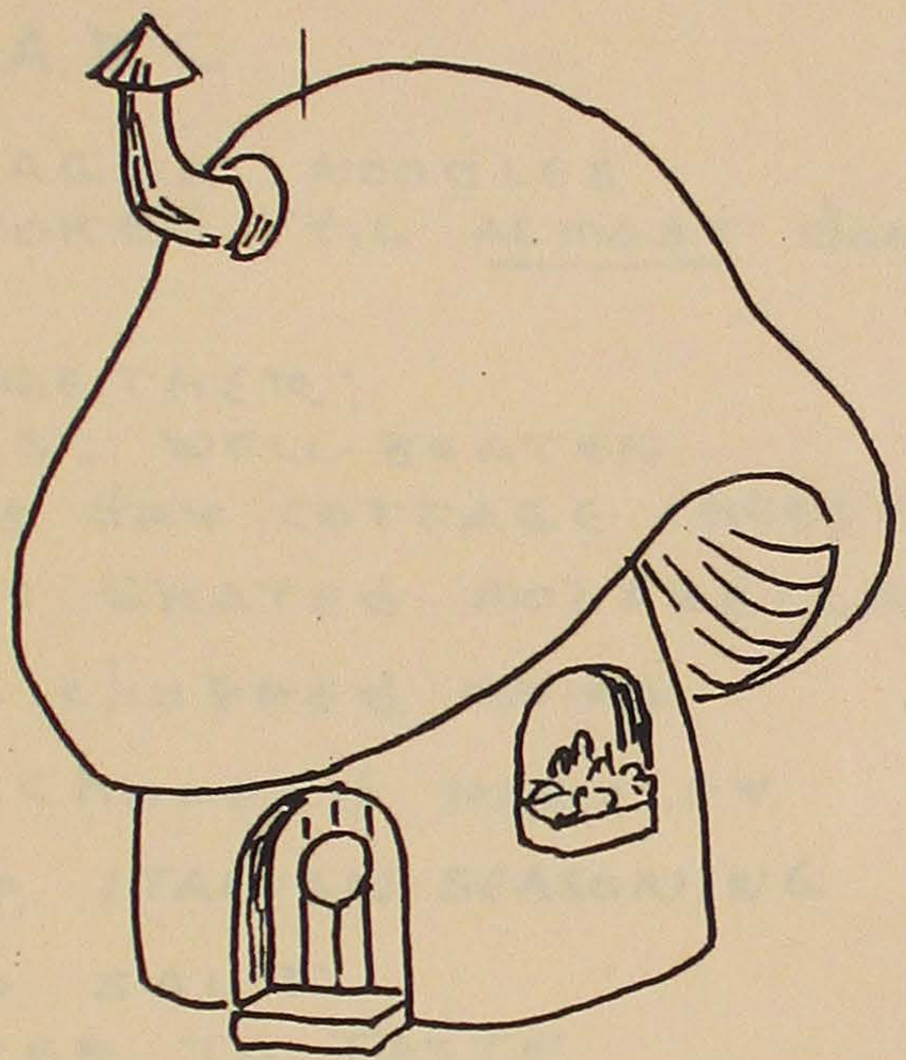
MIX TOGETHER AND CHILL 8 HOURS OR OVERNIGHT:

- 1 C. MAYONNAISE
- 1 C. SOUR CREAM
- 1 8 OZ. CAN WATER CHESTNUTS, CHOPPED
- 3 GREEN ONIONS, CHOPPED
- 1 PKG. DRY VEGETABLE SOUP MIX
- 1 BOX FROZEN, CHOPPED SPINACH, LIGHTLY COOKED, THEN DRAINED.

JUST BEFORE SERVING, STUFF HOLLOW LOAF WITH THE SOUR CREAM MIXTURE. SERVE ON LARGE PLATE.

CUT BREAD REMOVED FROM THE CENTER INTO WEDGES; ARRANGE AROUND LOAF AND DIP INTO STUFFING.

Dinner On A Bread Loaf



2 LB. GROUND CHUCK, PRE-COOK, DRAIN

2 C. CUBED CHEDDAR, MED. TO SHARP

1/2 C. CHOPPED ONION

1 1/2 TSP. SALT

1 EGG

1 SMALL CAN, EVAP. MILK

1 T. MUSTARD

LEMON-PEPPER

MIX TOGETHER WELL.

CUT FRENCH BREAD LOAF IN HALF LENGTHWISE.

SPREAD MEAT MIXTURE OVER BOTH HALVES.

WRAP IN FOIL-TIGHTLY OVER BREAD, OPEN AT TOP OVER MEAT.

BAKE 30 MIN. AT 350°.

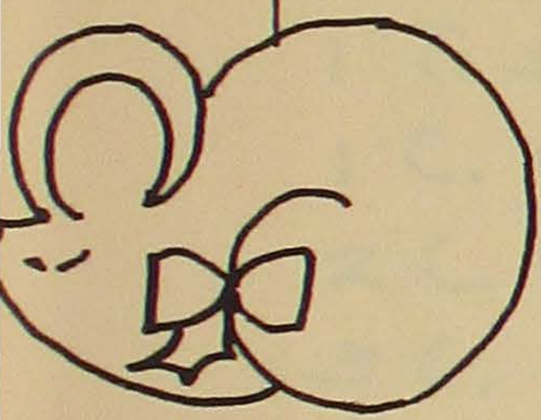
FREEZES WELL, BUT WRAP <u>ALL</u> TIGHTLY BEFORE FREEZING.

Cheese Lasagna

3 LAYERS: A.B.C

A. 9 LASAGNA NOODLES, PRE-COOKED 'TIL <u>ALMOST</u> DONE

B. MIX TOGETHER:
2 EGGS, WELL-BEATEN
2 CUPS DRY COTTAGE CHEESE
2 CUPS GRATED MOZARELLA
1/2 C. CHOPPED ONION
1/2 T. CHOPPED PARSLEY
1 TSP. ITALIAN SEASONING
1/2 TSP. SALT
PEPPER TO TASTE



C. 1/4 C. BUTTER
1 1/2 C. MILK
2 C. SHREDDED CHEDDAR
1/2 TSP. SALT
1/2 TSP. ITALIAN SEASONING
1/2 TSP. MINCED PARSLEY
1/2 TSP. SUGAR

COOK UNTIL CHEESE MELTS. REMOVE FROM HEAT AND ADD 1 C. SOUR CREAM.

ALTERNATE LAYERS:
A,B.C, A,B,C. 375° – 30 MIN

9x12 PAN

75 Minute Health Bread

3 T. or 3 packets dry yeast
in warm dry bowl with
½ cup warm water and
1-2 drops honey.

Dry ingredients:
1½ C. nonfat dry milk
1 T. salt
1 C. whole wheat germ
2 C. whole wheat flour
3 C. white flour

Add:
2 C. warm water 110-112°
1 T. honey

Dough will be sticky, so add a little more flour in bowl as you mix.

Knead for 10 minutes.

Oil 3 small pans or 2 large ones.

Smooth dough top and make a cut down the middle with sharp knife.

Place pans in cold oven for 15 minutes at 150° or until double in size.

Large pans: 350° for 45 min.
Smaller pans: 350° for slightly less than 45 min.

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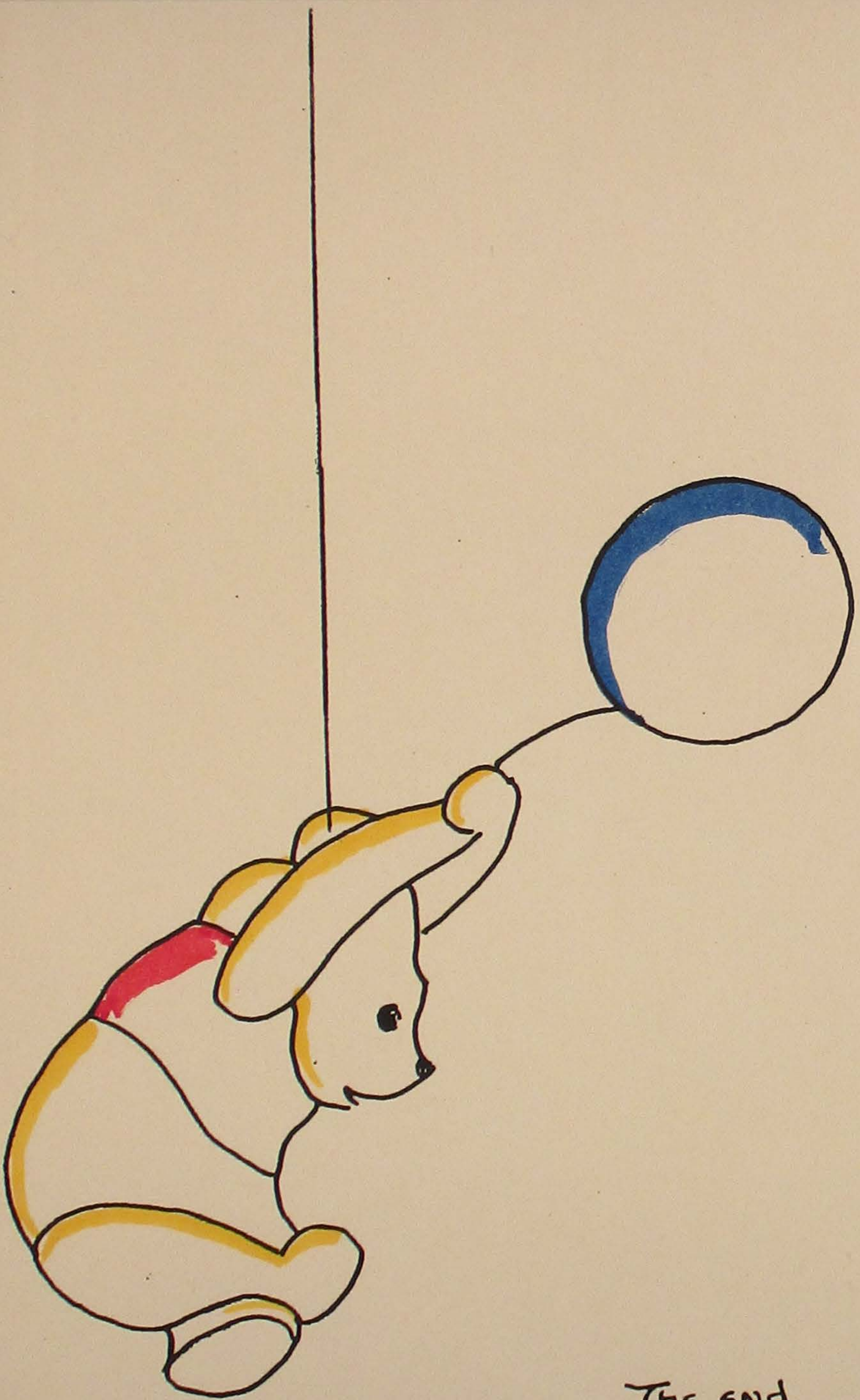
The lettering in this cookbook is based on the uncial alphabet, often referred to as "Early Christian." It was used during the 4th and 5th centuries for scriptural texts or other writings.



THE END

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